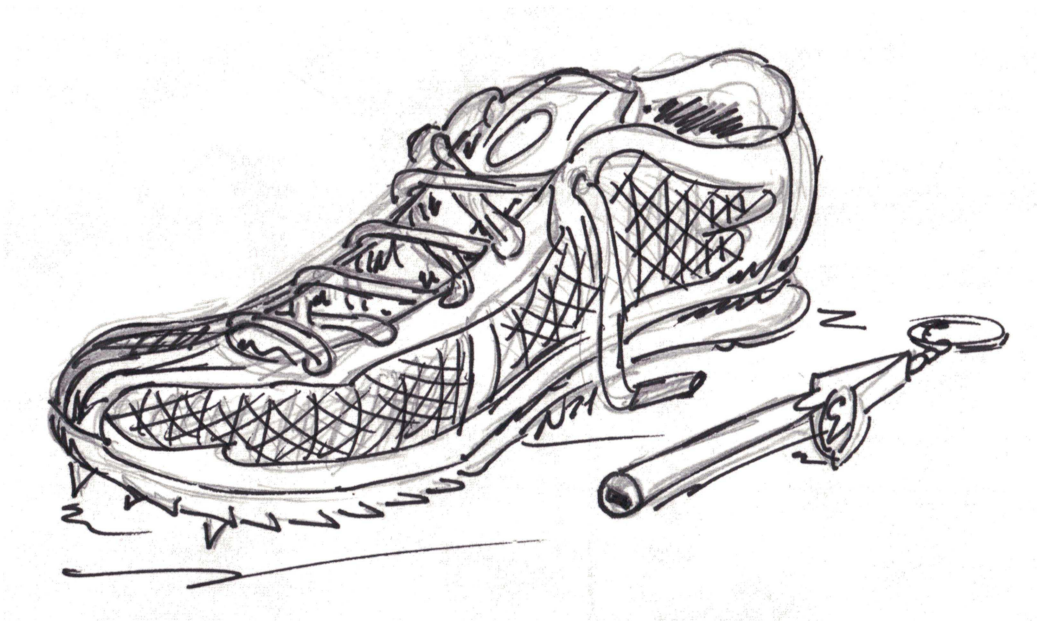
COATESVILLE CROSS COUNTRY

2011



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Mrs. Dietrich

Coach Andrew

Coach Sheridan

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2011 Schedule

Date	Meet	Location	Time
August 20	Alumni (Time Trial)	Hibernia Park	9:00am
August 25	Reading & McCaskey	Away	6:00pm
August 30	Conestoga Valley	Away	4:15pm
September 3	Big Valley Invitational	Away	9:30am
September 10	PennTrackXC Invitational	Kutztown University	10:00am
September 14	Avon Grove & Downingtown West	Home	4:00pm
September 21	Downingtown East	Away	4:00pm
September 24	Carlisle Invitational	Away	9:30am
September 28	West Chester East at Bishop Shanahan	Away	4:00pm
October 1	Steel City Invitational	Home	10:00am
October 5	West Chester Henderson	Home	4:00pm
October 20	Ches-Mont Championships	Westtown School	10:30am
October 28	District 1 Championships	Lehigh University	10:00am
November 5	PIAA State Meet	Away	9:00am

JACKSON DAVIS

NATE OHRWASCHEL

PHIL GEMMELL

NATHANIEL HENDERSON

TYLER HUDOCK

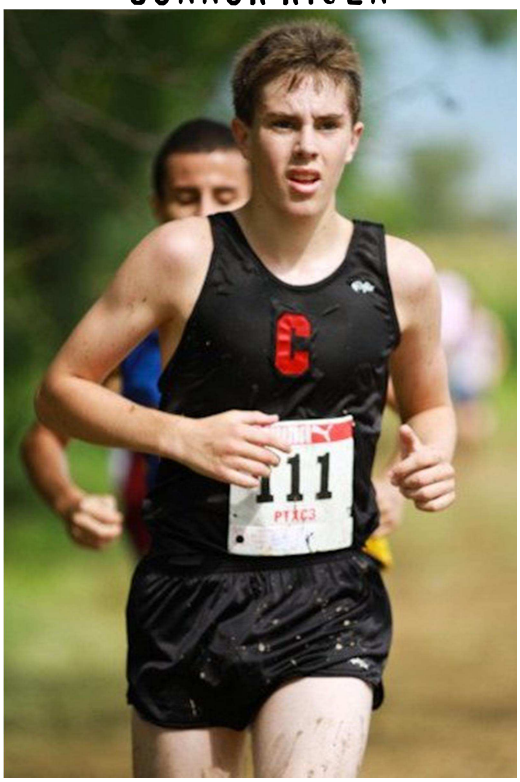
STEVEN MASSARO

DANNY HACKMEISTER

KYLE McCAUSLAND

DEIONDRE BROWN

CONNOR RISEN

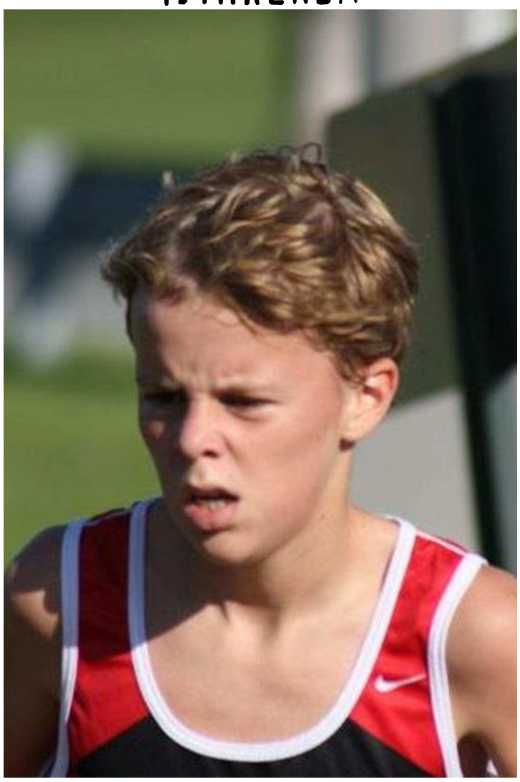


IAN DIETRICH

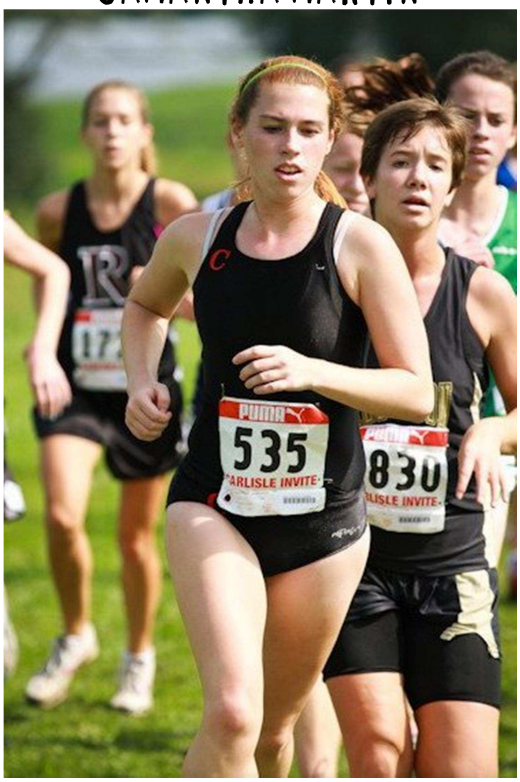
JARED HENDERSON

JOSH KONITZER

TJ MIRENDA

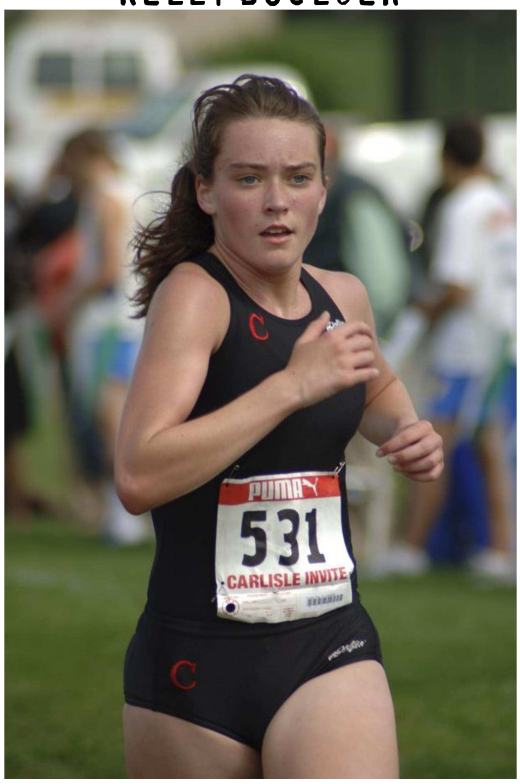


SAMANTHA MARTIN



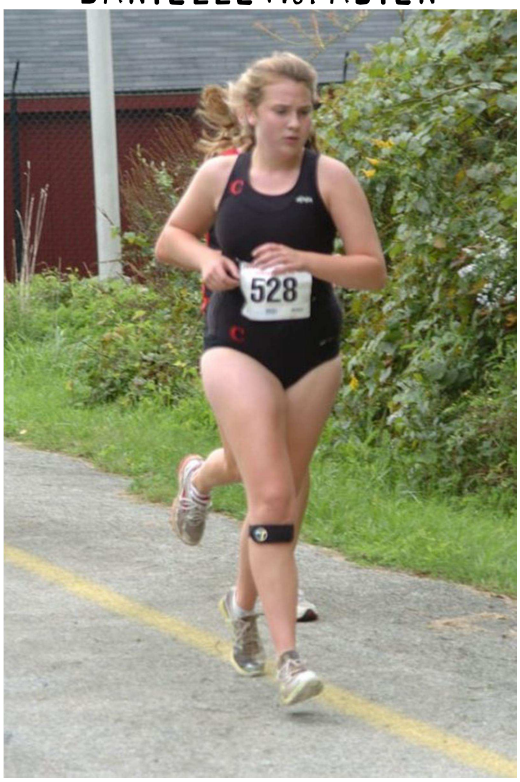
NIKKI SINGLEY

KELLY BOULGER

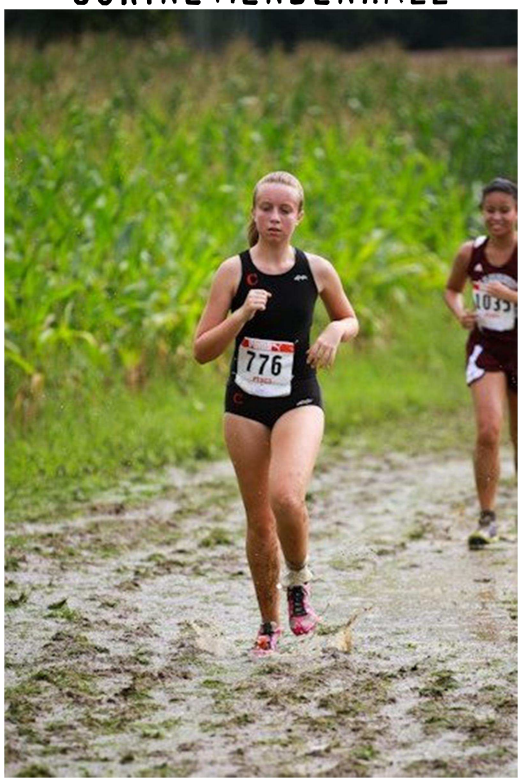


JOHANNA LAMB

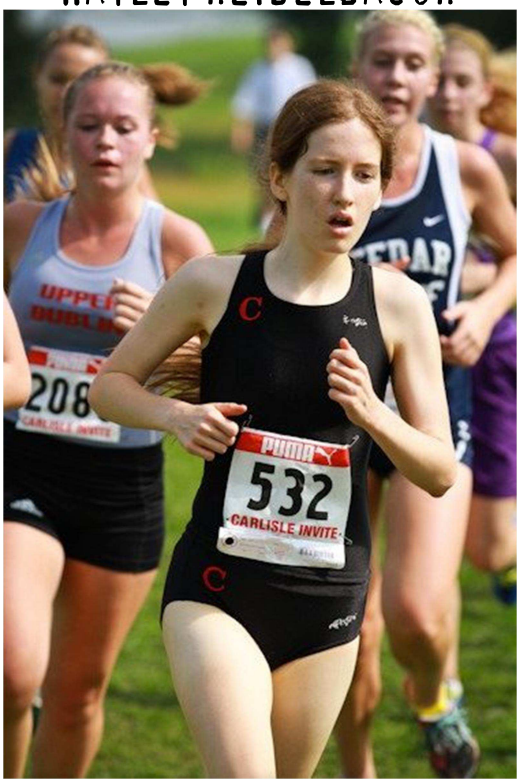
DANIELLE McFADIEN



CORINE MENDENHALL



HAYLEY HEIDELBAUGH



Boys 2011 Season Summary

Ches-Mont Finish

National Division League Record

1 Win

5 Losses

Championship Race: 11th Place

League Overall Finish: 6th Place

National Division Overall Record

1 Win

5 Losses

Invitational Races

Big Valley Invitational	6th Place Team
PennTrackXC Invitational	12th Place Team
Carlisle Invitational	25th Place Team
Steel City Invitational	8th Place Team
Ches-Mont Championships	11th Place Team
District 1 Championships	49th Place Team

League Races

Coatesville 42	Downingtown East 20
Coatesville 44	Avon Grove 19
Coatesville 47	Downingtown West 16
Coatesville 26	Bishop Shanahan 30
Coatesville 44	West Chester East 18
Coatesville 48	West Chester Henderson 15

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Girls 2011 Season Summary

Ches-Mont Finish

National Division League Record

0 Wins

6 Losses

Championship Race: 11th Place

League Overall Finish: 7th Place

National Division Overall Record

0 Wins

6 Losses

Invitational Races

Big Valley Invitational	2nd Place Team AAA
PennTrackXC Invititional	8th Place Team
Carlisle Invitational	9th Place Team
Steel City Invitational	6th Place Team
Ches-Mont Championships	11th Place Team
District 1 Championships	52th Place Team

League Races

Coatesville 43	Downingtown East 20
Coatesville 37	Avon Grove 19
Coatesville 42	Downingtown West 20
Coatesville 41	Bishop Shanahan 18
Coatesville 38	West Chester East 20
Coatesville 45	West Chester Henderson 17

0 - 6

Invitational Award Winners
Junior Varsity 2011

Steel City Invitational		
Connor Riisen	1st Place	Freshmen Race
Ian Dietrich	3rd Place	Freshmen Race
Jared Henderson	8th Place	Freshmen Race

Hayley Heidelbaugh	1st Place	Freshmen Race

Invitational Award Winners
Boys Varsity 2011

Big Valley Invitational	
Jackson Davis	AAA 10th Place

Steel City Invitational	
Jackson Davis	5th Place
Steven Massaro	25th Place

Ches-Mont Championships	
Jackson Davis	18th Place

District One Championships	
Jackson Davis	40th Place Overall AAAA 19th Place

Invitational Award Winners
Girls Varsity 2011

Big Valley Invitational	
Kelly Boulger	3rd Place
Nikki Singley	17th Place
Hayley Heidelbaugh	20th Place

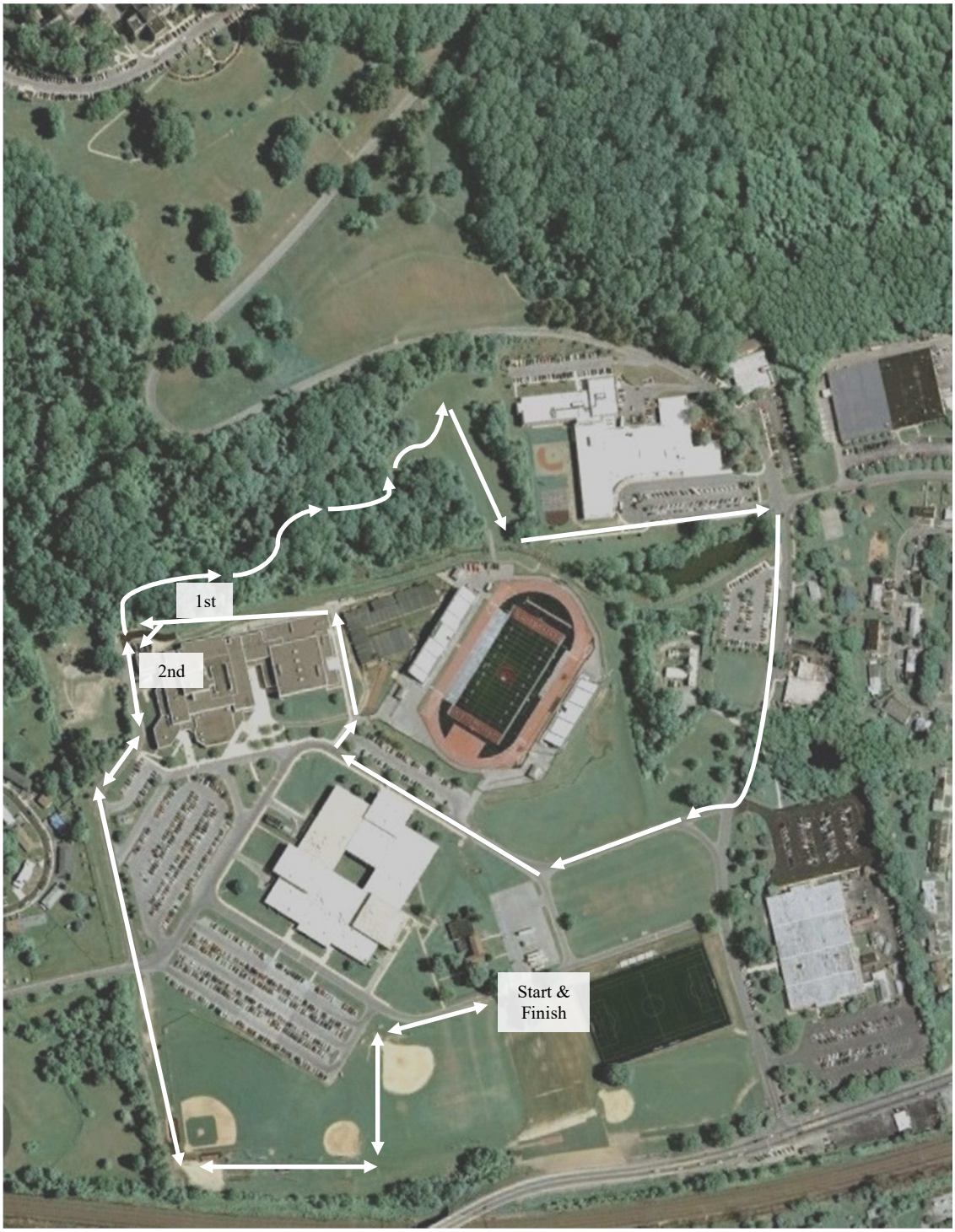
PennTrackXC Invitational	
Kelly Boulger	3rd Place

Carlisle Invitational	
Kelly Boulger	8th Place

Steel City Invitational	
Nikki Singley	7th Place
Samantha Martin	11th Place
Johanna Lamb	25th Place

2011 Home Course

Boys Record: Kyle Dawson – 15:45 (Coatesville 2006)
Girls Record: Carly Hammond – 19:33 (Henderson 2007)



Boys Personal Records

Name	Career Personal Record		2011 Personal Record	
	3.0 Mi.	3.1 Mi.	3.0 Mi.	3.1 Mi.
Christoff Abraham				18:20 (2 mi.)
Deiondre Brown		22:16		21:01
Jackson Davis		16:49		16:31
Ian Dietrich				18:59
Phil Gemmell		19:09		18:31
Danny Hackmeister		20:34		19:03
Jared Henderson				19:59
Nathaniel Henderson				21:11
Tyler Hudock		19:45		19:56
Josh Konitzer				20:26
Steven Massaro		20:16		18:12
Kyle McCausland		21:01		19:15
TJ Mirenda				21:32
Nate Ohrwaschel				19:35
Conner Riisen				18:40
Adam Strauss				28:06
Derek Villagrana				24:52
Robert Yancy				21:55

Girls Personal Records

Name	Career Personal Record		2011 Personal Record	
	3.0 Mi.	3.1 Mi.	3.0 Mi.	3.1 Mi.
Kelly Boulger		20:36		20:06
Hayley Heidelbaugh				22:32
Johanna Lamb		22:47		23:42
Samantha Martin		22:08		20:41
Danielle McFadien				24:04
Corine Mendenhall				26:03
Nikki Singley		21:51		20:46

Boys 2011 Meet Times

Name	Grade	Alumni – Time Trial	Reading & McCaskey	Conestoga Valley	Big Valley Invitational	PennTrackXC Invitational	Avon Grove & Downingtown West	Downingtown East	Carlisle Invitational	Bishop Shanahan & West Chester East	Steel City Invitational	West Chester Henderson	Ches-Mont Championships	District 1 Championships	States
Christoff Abraham	9	DNR	DNR	DNR	DNR	DNR	8:22*	9:22*	18:27+	18:00+	20:42F	19:15+	DNR	DNR	DNR
Deiondre Brown	10	26:38	26:05	23:53	22:49	24:30	23:06	23:01	22:36	23:14	23:47	22:30	22:04	21:01	DNR
Jackson Davis	12	18:15	19:04	18:39	17:26	18:36	17:29	17:51	18:27	18:05	18:07	17:27	17:01	16:31	17:44
Ian Dietrich	9	27:31	24:00	23:42	20:49	22:00	20:18	20:58	19:53	21:04	14:27F	20:13	19:26	18:59	DNR
Phil Gemmell	11	19:24	19:57	20:22	18:33	19:51	18:59	19:13	19:08	19:16	20:15	19:21	19:12	18:31	DNR
Danny Hackmeister	10	DNR	DNR	DNR	DNR	23:49	23:15	25:35	21:57	23:00	22:45	22:29	19:42	19:03	DNR
Jared Henderson	9	24:30	25:01	22:40	22:00	22:48	22:53	23:57	21:23	23:02	15:13F	21:15	20:13	19:59	DNR
Nathaniel Henderson	11	24:30	25:19	23:29	22:30	23:48	22:55	23:50	22:35	23:31	23:04	22:43	22:08	21:11	DNR
Tyler Hudock	11				24:00	23:24	22:54	23:14	20:53	21:27	21:54	20:34	20:04	19:56	DNR
Joshua Konitzer	9		28:22	29:33	24:23	25:38	23:20	26:31	23:18	23:55	16:53F	22:42	21:32	20:26	DNR
Steven Massaro	10	20:09	21:14	19:53	19:09	19:38	19:10	20:09	18:53	19:36	19:00	19:51	18:24	18:12	DNR
Kyle McCausland	10	27:23	26:04	26:05	22:21	22-34	20:47	22:16	21:12	21:18	21:03	21:16	19:35	19:15	DNR
TJ Mirenda	9		25:26	23:12	22:07	23:10	22:37	23:13	21:55	22:25	16:02F	23:04	21:42	21:32	DNR
Nate Ohrwaschel	12	21:23	22:15	21:56	20:15	21:19	21:35	21:55	20:03	21:06	20:27	20:24	DNR	19:35	DNR
Connor Riisen	9	21:48	22:31		20:08	22:33	19:49	20:21	19:37	20:06	14:12F	19:40	18:40	18:43	DNR
Adam Strauss	11				29:06	31:25	30:18	31:30	29:11	30:35	28:29	28:29	DNR	DNR	DNR
Derek Villagrana	11							29:02	DNR	DNR	DNR	24:52	DNR	DNR	DNR
Robert Yancy	12						13:46+	6:25*		22:10	DNR	21:55	DNR	DNR	DNR

Key

*	1 Mile
+	2 Mile
DNR	Did Not Run
F	Freshmen Race

Girls 2011 Meet Times

Name	Grade	Alumni – Time Trial	Reading & McCaskey	Conestoga Valley	Big Valley Invitational	PennTrackXC Invitational	Avon Grove & Downingtown West	Downingtown East	Carlisle Invitational	Bishop Shanahan & West Chester East	Steel City Invitational	West Chester Henderson	Ches-Mont Championships	District 1 Championships
Kelly Boulger	10	21:03	22:09	20:52	20:06	21:21	20:54	20:19	20:13	DNR	DNR	DNR	20:21	DNR
Hayley Heidelbaugh	9	25:21	28:29	23:40	23:02	24:11	23:41	22:55	22:32	24:53	17:41[F]	23:45	23:29	DNR
Melanie Holl	12	22:17	22:36	22:29										
Johanna Lamb	10	25:15	27:57	25:45	23:48	24:39	23:41	24:04	23:43	25:53	24:01	25:38	25:01	23:42
Samantha Martin	12	27:51	28:14	24:48	23:40	24:40	24:33	23:39	22:50	24:18	22:31	22:29	21:08	20:41
Danielle McFadien	10		29:34	27:20	25:46	27:28	27:12	27:10	25:12	28:19	27:45	26:58	25:30	24:04
Corine Mendenhall	10				29:20	31:48	30:30	32:05	28:44	29:22	30:09	DNR	27:12	26:03
Nikki Singley	11	24:02	25:32	23:16	22:35	21:21	20:54	22:56	21:57	22:26	21:59	21:49	21:25	20:47

Key

*	1 Mile
+	2 Mile
DNR	Did Not Run
F	Freshmen Race

Alumni – Time Trial
August 20, 2011

Name	Mile 1	Mile 2+		Finish		Place
Billy Hackmeister	5:29	7:36	13:05	5:01	18:06	1st
Jackson Davis	5:29	7:47	13:16	4:59	18:15	2nd
Phil Gemmell	5:46	8:12	13:58	5:26	19:24	3rd
Steven Massaro	5:55	8:44	14:39	5:30	20:09	4th
Kelly Boulger	6:14	8:59	15:13	5:50	21:03	5th
Nate Ohrwaschel	6:14	9:05	15:19	6:04	21:23	6th
Connor Riisen	6:18	9:32	15:50	5:58	21:48	7th
Mel Holl	6:23	9:42	16:05	6:12	22:17	8th
Brooke Hutton	7:18				23:58	9th
Nikki Singley	7:18				24:02	10th
Jared Henderson	7:27				24:30	11th
Nathaniel Henderson	7:27				24:30	12th
Johanna Lamb	7:36				25:15	13th
Don Davis	8:03				25:17	14th
Hayley Heidelbaugh	7:22				25:21	15th
Deiondre Brown	7:27				26:38	16th
Kyle McCausland	7:38				27:23	17th
Ian Dietrich	6:50				27:31	18th
Samantha Martin	7:55				27:51	19th
Danny Hackmeister	6:50					
Danielle McFadien	8:18					
Josh Konitzer	8:27					
Corine Mendenhall	9:20					

Reading & McCaskey
August 25, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	6:02	6:31	12:33	6:31	19:04	1st
Phil Gemmell	6:19	6:52	13:11	6:46	19:57	3rd
Steven Massaro	6:15	7:41	13:56	7:18	21:14	7th
Nate Ohrwaschel	6:53	7:39	14:32	7:43	22:15	11th
Connor Riisen	6:49	8:05	14:54	7:37	22:31	13th
Ian Dietrich	6:59	8:33	15:32	8:28	24:00	17th
Jared Henderson	7:40	9:06	16:46	8:15	25:01	19th
Nathaniel Henderson	7:42	9:07	16:49	8:30	25:19	21st
TJ Mirenda	7:46	8:58	16:44	8:42	25:26	22nd
Kyle McCausland	7:36	9:32	17:08	8:56	26:04	26th
Deiondre Brown	7:32	9:28	17:00	9:05	26:05	27th
Josh Konitzer	8:41	10:14	18:55	9:27	28:22	28th
Danny Hackmeister	7:12					
Christoff Abraham	10:10					

Kelly Boulger	6:35	7:55	14:30	7:39	22:09	1st
Melanie Holl	6:51	8:01	14:52	7:44	22:36	2nd
Nikki Singley	7:36	9:02	16:38	8:54	25:32	6th
Johanna Lamb	7:50	10:46	18:36	9:21	27:57	10th
Samantha Martin	8:32	10:10	18:42	9:32	28:14	11th
Hayley Heidelbaugh	7:48	11:01	18:49	9:40	28:29	12th
Danielle McFadien	8:42	10:30	19:12	10:22	29:34	13th
Corine Mendenhall	8:59					

Conestoga Valley
August 30, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	5:32	6:03	11:35	7:04	18:39	4th
Steven Massaro	6:04	6:34	12:38	7:15	19:53	8th
Phil Gemmell	6:00	6:42	12:42	7:40	20:22	10th
Nate Ohrwaschel	6:30	7:21	13:51	8:05	21:56	13th
Jared Henderson	7:01	7:27	14:28	8:12	22:40	17th
TJ Mirenda	7:07	7:31	14:38	8:34	23:12	18th
Nathaniel Henderson	7:01	7:43	14:44	8:45	23:29	19th
Ian Dietrich	6:37	7:48	14:25	9:17	23:42	20th
Deiondre Brown	6:54	8:15	15:09	8:44	23:53	21st
Kyle McCausland	7:01	9:16	16:17	9:48	26:05	22nd
Josh Konitzer	8:27	9:45	18:12	11:21	29:33	24th
Connor Riisen	6:32					
Christoff Abraham	9:19					

Kelly Boulger	6:05	7:03	13:08	7:44	20:52	1st
Melanie Holl	6:25	7:28	13:53	8:36	22:29	3rd
Nikki Singley	6:57	7:47	14:44	8:32	23:16	4th
Hayley Heidelbaugh	7:00	7:34	14:34	9:06	23:40	5th
Samantha Martin	7:16	8:19	15:35	9:13	24:48	11th
Johanna Lamb	7:21	8:33	15:54	9:51	25:45	12th
Danielle McFadien	8:03	9:15	17:18	10:02	27:20	14th
Corine Mendenhall	9:46					

Big Valley Invitational
September 3, 2011

Name	Mile 1	Mile 2		Finish		Place	Award
Jackson Davis	5:05	5:44	10:49	6:37	17:26	10th	10th AAA
Phil Gemmell	5:30	6:05	11:35	6:58	18:33	28th	
Steven Massaro	5:39	6:21	12:00	7:09	19:09	40th	
Connor Riisen	5:50	6:44	12:34	7:34	20:08	54th	
Nate Ohrwaschel	6:02	6:42	12:44	7:31	20:15	57th	
Ian Dietrich	6:03	6:49	12:52	7:57	20:49	40th JV	
Jared Henderson	6:25	7:14	13:39	8:21	22:00	73rd JV	
TJ Mirenda	6:47	7:16	14:03	8:04	22:07	77th JV	
Kyle McCausland	6:37	7:24	14:01	8:20	22:21	79th JV	
Nathaniel Henderson	6:25	7:37	14:02	8:28	22:30	81st JV	
Deiondre Brown	6:06	8:02	14:08	8:41	22:49	92nd JV	
Tyler Hudock	6:27	8:14	14:41	9:19	24:00	102nd JV	
Josh Konitzer	7:36	8:03	15:39	8:44	24:23	108th JV	
Adam Strauss	8:47	9:35	18:22	10:44	29:06	131st JV	
Danny Hackmeister	6:25						

Kelly Boulger	5:49	6:40	12:29	7:37	20:06	2nd	3rd AAA
Nikki Singley	6:28	7:34	14:02	8:33	22:35	17th	17th AAA
Hayley Heidelbaugh	6:44	7:32	14:16	8:46	23:02	20th	20th AAA
Samantha Martin	6:53	7:58	14:51	8:49	23:40	27th	
Johanna Lamb	6:53	8:08	15:01	8:47	23:48	31st	
Danielle McFadien	7:28	8:36	16:04	9:42	25:46	53rd	
Corine Mendenhall	8:34	9:51	18:25	10:55	29:20	64th	

Big Valley Invitational: The Coatesville boys took sixth place in the Class AAA race as Jackson Davis finished 10th (17:26), Phil Gemmell 28th (18:33), Steven Massaro 40th (19:09), Connor Riisen 54th (20:08) and Nate Ohrwasche 57th (20:15).

Big Valley Invitational: Kelly Boulger helped Coatesville place second in the Class AAA race with 106 points. State College won with 28 points.

Boulger finished second (20:06), Nikki Singley 17th (22:35), Hayley Heidelbaugh 20th (23:02), Samantha Martin 27th (23:40), and Johanna Lamb 31st (23:48).

PennTrackXC Invitational
At Kutztown University
September 10, 2011

Name	Mile 1	Mile 2		Finish		Place	Award
Jackson Davis	5:30	6:08	11:38	6:58	18:36	17th	
Steven Massaro	5:52	6:28	12:20	7:18	19:38	41st	
Phil Gemmell	5:57	6:29	12:26	7:25	19:51	49th	
Nate Ohrwaschel	6:16	7:10	13:26	7:53	21:19	86th	
Ian Dietrich	6:32	7:12	13:44	8:16	22:00	68th JV	
Connor Riisen	6:26	7:30	13:56	8:37	22:33	113th	
Kyle McCausland	6:37	7:29	14:06	8:28	22:34	97th JV	
Jared Henderson	7:00	7:47	14:47	8:01	22:48	107th JV	
TJ Mirenda	6:54	7:41	14:35	8:35	23:10	124th JV	
Tyler Hudock	6:17	8:09	14:26	8:58	23:24	135th JV	
Nathaniel Henderson	7:01	8:04	15:05	8:43	23:48	152nd	
Danny Hackmeister	6:46	8:01	14:47	9:02	23:49	153rd JV	
Deiondre Brown	6:38	8:27	15:05	9:25	24:30	170th JV	
Josh Konitzer	7:47	8:19	16:06	9:32	25:38	197th JV	
Adam Strauss	9:14	10:37	19:51	11:34	31:25	248th JV	

Kelly Boulger	6:12	7:00	13:12	8:09	21:21	4th	3rd
Nikki Singley	6:56	7:41	14:37	9:04	23:41	39th	
Hayley Heidelbaugh	7:30	7:53	15:23	8:48	24:11	47th	
Johanna Lamb	7:29	8:12	15:41	8:58	24:39	60th	
Samantha Martin	7:29	8:10	15:39	9:01	24:40	61st	
Danielle McFadien	8:08	9:03	17:11	10:17	27:28	104th	
Corine Mendenhall	9:17	10:31	19:48			142nd	

Penn Track Invitational: Coatesville placed 12th in the meet at Kutztown High.

Jackson Davis was 17th (18:36), Steven Massaro 41st (19:38), Phil Gemmell 49th (19:51), Nate Ohrwaschel 86th (21:20), and Connor Riisen 113th (22:34).

Penn Track Invitational: Kelly Boulger led Coatesville to an eight-place finish at Kutztown High.

Boulger placed fourth (21:21), Nikki Singley 39th (23:41), Hayley Heidelbaugh 47th (24:11) Johanna Lamb 60th (24:39), and Samantha Martin 61st (24:40).

Avon Grove & Downingtown West

September 14, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	5:18	5:34	10:52	6:59	17:51	6th
Phil Gemmell	5:46	6:02	11:48	7:25	19:13	18th
Steven Massaro	6:00	6:24	12:24	7:45	20:09	27th
Connor Riisen	6:02	6:18	12:20	8:01	20:21	28th
Ian Dietrich	6:12	6:31	12:43	8:15	20:58	33rd
Nate Ohrwaschel	6:20	6:58	13:18	8:37	21:55	44th
Kyle McCausland	6:31	6:56	13:27	8:49	22:16	46th
Deiondre Brown	6:38				23:01	51st
TJ Mirenda	7:04				23:13	55th
Tyler Hudock	7:00				23:14	56th
Nathaniel Henderson	7:10				23:50	59th
Jared Henderson	7:10				23:57	60th
Danny Hackmeister	7:04				25:35	63rd
Josh Konitzer	8:06				26:31	64th
Derek Villagrana	8:25				29:02	66th
Adam Strauss	9:24				31:30	67th
Robert Yancy	6:25					
Christoff Abraham	9:22					

Kelly Boulger	6:15	6:23	12:38	8:16	20:54	2nd
Nikki Singley	6:44	6:58	13:42	8:33	22:15	13th
Hayley Heidelbaugh	6:51	7:25	14:16	9:25	23:41	19th
Johanna Lamb	7:08	7:31	14:39	9:09	23:48	20th
Samantha Martin	7:18	7:45	15:03	9:30	24:33	23rd
Danielle McFadien	8:07	8:20	16:27	10:45	27:12	38th
Corine Mendenhall	8:40				30:30	44th

Downingtown West 17, Avon Grove 44; Downingtown West 16, Coatesville 47; Avon Grove 19, Coatesville 44: Quinn Devlin, Kenny Leidal and Joey Steadman took the top three spots for Downingtown West in the Ches-Mont opener for all three schools.

Dan Foster finished fourth for Avon Grove, and Jackson Davis was sixth for Coatesville.

1. Devlin (DW) 16:44, 2. Leidal (DW) 17:04, 3. Steadman (DW) 17:30, 4. Foster (AG) 17:33, 5. Jenkins (DW) 17:38, 6. Davis (C) 17:51, 7. Jaffe (DW) 18:21, 8. Liebach (DW) 18:23, 9. D'Antonio (AG) 18:34, 10. Manley (AG) 18:35, 11. Mucha (DW) 18:36, 12. Cleary AG (18:37), 13. Barrera (AG) 18:43, 14. Trouba (AG) 18:51, 15. Penn (AG) 18:52.

Avon Grove 27, Downingtown West 29; Downingtown West 20, Coatesville 42; Avon Grove 19, Coatesville 37: Ariel Pastore-Sebring led Avon Grove to the sweep in the Ches-Mont National opener for all three teams.

Beth Ilgenfritz took third for the Red Devils.

Kelly Boulger was the top finisher for Coatesville (0-2), and Michelle Myland paced Downingtown West (1-1).

1. Pastore-Sebring (AG) 20:17, 2. Boulger (C) 20:54, 3. Ilgenfritz (AG) 21:16, 4. Myland (DW) 21:19, 5. Rickenger (AG) 21:23, 6. D'Ginto (DW) 21:31, 7. Bixler (DW) 21:58, 8. Wrzosek (DW) 22:03, 9. Barton (DW) 22:07, 10. Caligiuri (AG) 22:08, 11. D'Urse (DW) 22:09, 12. Keegan (AG) 22:14, 13. Singley (C) 22:15, 14. Loftus (DW) 22:47, 15. Farrell (DW) 23:12.

Downingtown East
September 21, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	5:12	5:46	10:58	6:31	17:29	1st
Phil Gemmell	5:41	6:09	11:50	7:09	18:59	8th
Steven Massaro	5:45	6:10	11:55	7:15	19:10	12th
Connor Riisen	5:48	6:42	12:30	7:19	19:49	19th
Ian Dietrich	6:01	6:44	12:45	7:33	20:18	22nd
Kyle McCausland	6:14	6:55	13:09	7:38	20:47	26th
Nate Ohrwaschel	6:01	7:08	13:09	8:26	21:35	28th
TJ Mirenda	6:50	7:20	14:10	8:27	22:37	30th
Jared Henderson	6:41	7:35	14:16	8:37	22:53	31st
Tyler Hudock	6:10	8:07	14:17	8:37	22:54	32nd
Nathaniel Henderson	6:42	7:40	14:22	8:33	22:55	33rd
Deiondre Brown	6:39	7:42	14:21	8:45	23:06	34th
Danny Hackmeister	6:56	7:50	14:46	8:29	23:15	37th
Josh Konitzer	7:05	7:41	14:46	8:34	23:20	39th
Adam Strauss	8:48	10:23	19:11	11:07	30:18	45th
Robert Yancy	6:19	7:27	13:46			
Christoff Abraham	8:22					

Kelly Boulger	5:59	6:43	12:42	7:37	20:19	1st
Nikki Singley	6:52	7:23	14:15	8:41	22:56	15th
Hayley Heidelbaugh	6:47	7:42	14:29	9:02	23:31	19th
Samantha Martin	7:08	7:47	14:55	8:44	23:39	20th
Johanna Lamb	7:05	7:57	15:02	9:02	24:04	22nd
Danielle McFadien	7:47	9:02	16:49	10:21	27:10	38th
Corine Mendenhall	8:52	10:48	19:40	12:25	32:05	40th

Downingtown East 20, Coatesville 42: Downingtown East runners finished in second to seventh place, led by Billy Caldwell (17:48) and Tommy Fitzgerald (18:04) as the Cougars (2-0 league) toppled the Red Raiders (0-3) in the Ches-Mont dual meet.

Jackson Davis finished in 17:29 to take first overall for Coatesville.

1. Davis (C) 17:29; 2. Caldwell (D) 17:48; 3. Fitzgerald (D) 18:04; 4. Barber (D) 18:22; 5. Rowles (D) 18:48; 6. White (D) 18:57; 7. Napaleatano (D) 18:58; 8. Gewmell (C) 18:59; 9. O'Reilly (D) 18:59; 10. Carcella (D) 19:00.

Downingtown East 20, Coatesville 43: Sisters Bix and Anja Weiler and Kate and Amanda Koser highlighted a group of six Cougar (2-0) runners that finished in second with a time of 21:01 to top Coatesville (0-3) in the Ches-Mont dual meet.

Coatesville's Kelly Boulger was the first-place finisher in 20:19.

1. Boulger (C) 20:19; 2. B. Weiler (D) 21:01; 3. A. Weiler (D) 21:01; 4. K. Koser (D) 21:01; 5. A. Koser (D) 21:01; Callahan (D) 21:01; Wheeler (D) 21:01; 8. Barna (D) 21:02; 9. Mohler (D) 21:54; 10. LaRosa (D) 22:13.

Carlisle Invitational
September 24, 2011

Name	Mile 1	Mile 2		Finish		Place	Award
Jackson Davis	5:25	6:15	11:40	6:47	18:27	66th	
Steven Massaro	5:37	6:18	11:55	6:58	18:53	101st	
Phil Gemmell	5:41	6:24	12:05	7:03	19:08	121st	
Connor Riisen	5:49	6:32	12:21	7:16	19:37	157th	
Ian Dietrich	5:56	6:38	12:34	7:22	19:56	182nd	
Nate Ohrwaschel	6:00	6:49	12:49	7:14	20:03	184th	
Kyle McCausland	6:13	7:04	13:17	7:55	21:12	228th	
Tyler Hudock	6:27	6:58	13:25	7:28	20:53	236th JV	
Jared Henderson	6:27	7:14	13:41	7:42	21:23	277th JV	
TJ Mirenda	6:50	7:16	14:06	7:49	21:55	331st JV	
Danny Hackmeister	6:40	7:22	14:02	7:55	21:57	335th JV	
Nathaniel Henderson	7:04	7:29	14:33	8:02	22:35	403rd JV	
Deiondre Brown	6:27	7:51	14:18	8:18	22:36	405th JV	
Josh Konitzer	7:10	7:41	14:51	8:27	23:18	447th JV	
Adam Strauss	8:38	9:58	18:36	10:35	29:11	531st	
Christoff Abraham	8:20	10:07	18:27				

Kelly Boulger	5:52	6:56	12:48	7:24	20:12	8th	8th
Nikki Singley	6:41	7:29	14:10	7:47	21:57	61st	
Hayley Heidelbaugh	6:56	7:29	14:25	8:07	22:32	80th	
Samantha Martin	7:00	7:36	14:36	8:14	22:50	95th	
Johanna Lamb	7:06	7:56	15:02	8:41	23:43	146th	
Danielle McFadien	7:40	8:33	16:13	8:59	25:12	210th	
Corine Mendenhall	8:31	9:54	18:25	10:19	28:44	261st	

Carlisle Invitational: Coatesville placed 25th out of 38 teams as Jackson Davis (18:28), Steven Massaro (18:54), Phil Gemmell (19:09), Connor Riisen (19:38), and Ian Dietrich (19:57) led the way.

Carlisle Invitational: Kelly Boulger led Coatesville to a ninth-place finish out of 38 teams.

Boulger was eighth in 20:13. Nikki Singley (21:57), Haley Heidelbaugh (22:32), Samantha Martin (22:50), and Johanna Lamb (23:43) rounded out the Red Raiders' team.

West Chester East & Bishop Shanahan
September 28, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	5:22	6:00	11:22	6:43	18:05	3rd
Phil Gemmell	5:45	6:23	12:08	7:08	19:16	9th
Steven Massaro	5:47	6:35	12:22	7:14	19:36	12th
Connor Riisen	5:52	6:49	12:41	7:25	20:06	18th
Ian Dietrich	6:04	6:58	13:02	8:02	21:04	29th
Nate Ohrwaschel	6:08	7:09	13:17	7:49	21:06	30th
Kyle McCausland	6:21	6:56	13:17	8:01	21:18	32nd
Tyler Hudock	6:09	7:08	13:17	8:10	21:27	36th
Robert Yancy	6:22	7:23	13:45	8:25	22:10	40th
TJ Mirenda	6:45	7:25	14:10	8:15	22:25	44th
Danny Hackmeister	6:58	7:38	14:36	8:24	23:00	46th
Jared Henderson	6:58	7:38	14:36	8:26	23:02	47th
Deiondre Brown	6:23	7:51	14:14	9:00	23:14	48th
Nathaniel Henderson	7:08	7:52	15:00	8:31	23:31	49th
Josh Konitzer	7:05	7:55	15:00	8:55	23:55	51st
Adam Strauss	8:48	10:14	19:02	11:33	30:35	63rd
Christoff Abraham	8:18	10:02	18:20			

Nikki Singley	6:38	8:31	15:09	7:17	22:26	5th
Samantha Martin	7:17	9:08	16:25	7:51	24:16	11th
Hayley Heidelbaugh	7:05	9:24	16:29	8:23	24:52	12th
Johanna Lamb	7:42	9:38	17:20	8:32	25:52	17th
Danielle McFadien	8:13	10:40	18:53	9:26	28:19	23rd
Corine Mendenhall	8:40	10:47	19:27	9:55	29:22	27th

W.C. East 15, Bishop Shanahan 49; Coatesville 26, Bishop Shanahan 30; W.C. East 18, Coatesville 47: West Chester East (2-1) captured the Ches-Mont National meet behind Jesse Rogers (17:59) and Jack McDonald (18:04).

Jackson Davis took third for Coatesville (1-4), and Joe Doran took eighth for Bishop Shanahan (0-5).

1. Rogers (E) 17:59, 2. McDonald (E) 18:04, 3. Davis (C) 18:05, 4. Dages (E) 18:24, 5. Diestelow (E) 18:25, 6. Trama (E) 18:33, 7. Crump (E) 19:06, 8. Doran (BS) 19:10, 9. Gemmell (C) 19:16, 10. T. Dougherty (E) 19:23, 11. Hushes (E) 19:26, 12. Massaro (C) 19:36, 13. S. Allan (BS) 19:39, 14. S. Dougherty (E) 19:41, 15. M. Allan (BS) 19:51.

Bishop Shanahan 28, W.C. East 28, Shanahan wins on sixth runner; Bishop Shanahan 18, Coatesville 41; W.C. East 20, Coatesville 38: Kim Bizal finished first in 21:26 to lead Bishop Shanahan (2-3) in the Ches-Mont National sweep.

Abby Roselli placed third in 23:15 for the Eagles.

Maddie Mazurek was second for West Chester East (1-2), and Nikki Singley placed fifth to lead Coatesville (0-5).

1. Bizal (BS) 21:26, 2. Mazurek (E) 23:06, 3. Roselli (BS) 23:15, 4. Kochendoerfer (E) 23:23, 5. Singley (C) 23:26, 6. McQuiston (E) 23:44, 7. Boland (E) 23:52, 8. Eberwein (BS) 24:14, 9. Harrer (BS) 24:16, 10. Trudan (BS) 24:19, 11. Martin (C) 25:16, 12. Heidelbaugh (C) 24:52, 13. Meeth (BS) 26:07, 14. Pachuda (E) 26:08, 15. Buckley (E) 26:16.

Steel City Invitational
October 1, 2011

	Name	Mile 1	Mile 2		Finish		Place	Award
Varsity and Junior Varsity Races	Jackson Davis	5:22	6:43	12:05	6:02	18:07	5th	
	Steven Massaro	5:33	7:07	12:40	6:20	19:00	25th	
	Phil Gemmell	5:53	7:42	13:35	6:40	20:15	45th	
	Nate Ohrwaschel	6:02	7:44	13:46	6:41	20:27	49th	
	Kyle McCausland	6:04	8:03	14:07	6:56	21:03	56th	
	Tyler Hudock	5:58	8:38	14:36	7:18	21:54	62nd	
	Danny Hackmeister	6:30	8:43	15:13	7:32	22:45	64th	
	Nathaniel Henderson	6:32	9:02	15:34	7:30	23:04	37th JV	
	Deiondre Brown	6:25	9:48	16:13	7:34	23:47	40th JV	
	Adam Strauss	8:02	11:31	19:33	8:56	28:29	48th JV	

Varsity Race	Nikki Singley	6:29	8:20	14:49	7:10	21:59	7th	7th
	Samantha Martin	6:32	8:34	15:06	7:25	22:31	11th	11th
	Johanna Lamb	6:57	9:20	16:17	7:44	24:01	25th	25th
	Danielle McFadien	7:32	11:11	18:43	9:02	27:45	44th	
	Corine Mendenhall	8:19	11:43	20:02	10:07	30:09	46th	

	Name	Mile 1	Finish	Place	Award
Freshmen Race (2.5 Miles)	Connor Riisen	5:38	14:12	1st	1st
	Ian Dietrich	5:46	14:27	3rd	3rd
	Jared Henderson	6:09	15:13	8th	8th
	TJ Mirenda	6:38	16:02	15th	
	Josh Konitzer	6:45	16:53	18th	
	Christoff Abraham	8:00	20:42	29th	
	Hayley Heidelbaugh	6:48	17:41	1st	1st

Steel City Invitational
Boys Newspaper articles

Coatesville's Davis takes fifth

By DENNY DYROFF
Journal Register News Service

COATESVILLE – It was not exactly what you would call a banner day for Chester County teams and runners at Saturday's 47th-annual Steel City Boys' Cross Country Invitational.

Boyertown's Brett Kelly won the race and the next three spots were claimed by runners from Council Rock North. The team title went to Rock North, which had all five of its scorers in the top 10 and finished with 28 points.

The team table then turned in favor of area squads with Twin Valley second at 66 followed by Unionville (107), Neshaminy (134), Kennett (144), Oxford (149), Boyertown (158) and Coatesville (180).

Coatesville's Jackson Davis made sure that outsiders didn't sweep the top five individual spots when he placed fifth with a time of 18:07.5.

"When it started out, I was hanging on to the front pack," said Davis, a Red Raider sophomore. "Every time I got to a hill, I tried to pick it up. The first mile before the hill was easier. Then, I passed a lot of people on the big hill.

"I was 13th at the mile and then moved up to fifth by the two-mile. No-one came up on me in the third mile. The Council Rock North guys had a pretty big lead so I stayed in the same place for the rest of the race. I shortened the gap on the way down the last hill but I wasn't able to catch up."

The Red Raiders' other finishers were Steven Massaro (25th), Phil Gemmell (45th), Nathan Ohrwaschel (49th), Kyle McCausland (56th), Tyler Hudock (62nd) and Danny Hackmeister (64th).

Two other local runners cracked the Top 10 – Kennett's Evan Jones, who was seventh at 18:15.1, and Unionville's Steve Yannacone, who was eight at 18:16.3.

Yannacone said, "I felt pretty good in the first mile because I'm a track runner. My teammates Tom Edwards and Jared Murphy are awesome on hills and they passed me. I was third at the mile at 5:13.

Murphy finished 111th and Edwards took 23rd place. The Indians' other finishers were Nathan Chaclas (28th), Sean Roberts (37th), Francis Peabody (44th) and Joshua Hammaker (53rd).

Kennett's team results also included David Schwartz (12th), Alex Fornoff (34th), Tyler Pike (39th), Danny Anderson (51st), Ryan Vanvoorhis (57th) and Angel Chimol (59th).

Bishop Shanahan's top finishers were Joe Doran at 29th and Sean Allen at 38th while Devon Prep's leading scorers were Justin McNabb at 22nd and Lucas Watson at 35th.

Steel City Invitational
Girls Newspaper articles

Harvey wins Steel City gold

By DENNY DYROFF
Journal Register News Service

COATESVILLE – Meghan Harvey ran in last year's Steel City meet but didn't really compete. This year was a different story.

Saturday morning at the 37th-annual Steel City Girls Cross Country Invitational, Harvey, an Oxford senior, captured the gold medal. She covered the 3.1-mile course at Coatesville Area High School in 20:17.3.

"Last year, I had two stress fractures and I did really bad here," said Harvey, who hopes to attend the United States Naval Academy next year. "I was hurting but I ran for the team. I'm completely healed now."

Harvey took control midway thorough the race and crossed the finish line 21 seconds before anyone else on the course.

"I definitely wanted it this year," said Harvey. "The first mile was fast. It was really good. I was in the front pack with a Shanahan girl (Kim Bizal) and a girl in red (Boyertown's Anna Simpson). We ran together for awhile.

"We took turns drafting off each other and then I went ahead at the mile. The first mile definitely felt really good. The hills were as bad as always but I worked them well. I knew they would hurt but I wanted to open a gap."

Harvey started to put some distance between the rest of the field and herself as the race progressed up the big hill behind Coatesville High.

"Once I got to the top, I really wanted to open it up," said Harvey. "I was about 10 seconds ahead at the two-mile. I was definitely trying to pick it up in the third mile. I wanted to get a lot of distance between me and everybody else because I didn't want anyone coming up on me at the end."

With Harvey setting the pace, Oxford finished third in the team standings with 86 points – narrowly edged by runner-up Neshaminy with 85. Boyertown took first with 45 points.

The Hornets' other runners were Rachel Cox (14th), Alyssa Sniechoski (19th), Sarah Hershey (27th), Coralma Chavez (31st), Lauren Platt (32nd) and Amanda Cox (41st).

Bishop Shanahan's Kim Bizal claimed the silver medal when she crossed in second place with a time of 20:38.1 – 24 seconds faster that Simpson.

"It was a pretty good race," said Bizal, who finished sixth at last year's Steel City Invitational. "I took it pretty easy the first mile. I ran with the front pack, which was three of us – the Oxford girl, the Boyertown girl and me. We ran side-by-side and then the Oxford girl took the lead going up the hill.

"There's a little teaser hill. The first real hill is when she took the lead. By the top of the hill, I was running on my own. It was always in the back of my mind that I wanted to catch her – but it didn't happen.

"The Boyertown girl never closed on me. I just tried to keep the same pace I had going down the hill. Right when I turned the last corner, there was this huge gust of wind. I couldn't go anywhere. It was so strong it was blowing me back."

Shanahan placed two other runners in the top 20 – Abby Roselli (12th) and Lisa Eberwein (18th) – and placed fifth in the team standings with 97 points. The Eagles' other finishers were Rachel Loffredo (30th), Megan Lyons (42nd) and Rebecca Williamson (43rd).

Unionville, which left many of its top runners home, placed fourth in the team table with 93 points. The Indians' lineup featured Melissa Talley (ninth), Erin Menninger (16th), Courtney Smith (21st), Leah Talley (23rd), Peyton Lopapa (29th) and Cassidy Foxhoven (38th).

Coatesville's Nikki Singley came through with a Top 10 finish when she placed seventh at 21:59.9. Other runners for the Red Raiders, who were sixth with 123 points, were Sam Martin (11th), Johanna Lamb (25th), Danielle McFadden (44th) and Corinne Mendenhall (46th).

Kennett was paced by Lisa Finfrock, who came in 10th place with a time of 22:11.6. The Blue Demons' other finishers were Madison Schuck (24th), Kellie Boyle (36th) and Amie Uhl (45th).

West Chester Henderson
October 5, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	5:21	5:26	10:47	6:40	17:27	6th
Phil Gemmell	5:40	6:09	11:49	7:32	19:21	18th
Connor Riisen	5:48	6:11	11:59	7:41	19:40	19th
Steven Massaro	5:41	6:17	11:58	7:53	19:51	22nd
Ian Dietrich	5:55	6:26	12:21	7:52	20:13	25th
Nate Ohrwaschel	6:00	6:27	12:27	7:57	20:24	26th
Tyler Hudock	6:03	6:27	12:30	8:04	20:34	29th
Jared Henderson	6:38	6:45	13:23	7:52	21:15	32nd
Kyle McCausland	6:14	6:48	13:02	8:14	21:16	33rd
Robert Yancy	6:30	7:04	13:34	8:21	21:55	35th
Danny Hackmeister	6:50	7:02	13:52	8:37	22:29	36th
Deiondre Brown	6:15	7:13	13:28	9:02	22:30	37th
Josh Konitzer	6:51	7:01	13:52	8:50	22:42	38th
Nathaniel Henderson	6:53	7:15	14:08	8:35	22:43	39th
TJ Mirenda	6:57	7:11	14:08	8:56	23:04	40th
Derek Villagrana	7:26	7:49	15:15	9:37	24:52	42nd
Adam Strauss	8:43	8:39	17:22	10:44	28:06	43rd
Christoff Abraham	9:02	10:13	19:15			

Nikki Singley	6:40	6:56	13:36	8:13	21:49	4th
Samantha Martin	6:45	7:10	13:55	8:34	22:29	8th
Hayley Heidelbaugh	6:52	7:26	14:18	9:27	23:45	13th
Johanna Lamb	7:26	8:09	15:35	10:03	25:38	19th
Danielle McFadien	7:42	8:24	16:06	10:52	26:58	20th

W.C. Henderson 15, Coatesville 48: West Chester Henderson (4-0 league) remained undefeated in the Ches-Mont National Division.

Charlie Grab took first place for the Warriors in 17:20. Seamus Collins, Sam Haugh and Bubby Rimkis all followed in 17;21.

Jackson Davis was sixth for Coatesville (1-5 league).

1. Grab (H) 17:20, 2. Collins (H) 17:21, 3. Haugh (H) 17:21, 4. Rimkis (H) 17:21, 5. Salach (H) 17:24, 6. Davis (C) 17:27, 7. Stratman (H) 17:51, 8. Chaborek (H) 17:51, 9. Waltz (H) 18:18, 10. Barchet (H) 18:19.

W.C. Henderson 17, Coatesville 45: Maddie Bixler crossed the finish line first in 21:26 as West Chester Henderson improved to 4-0 in the Ches-Mont National.

Anna Radford was second in 21:35, and Katie Alexander third in 21:47.

Nikki Singley led Coatesville (0-6 league) as took fourth place ini 21:49.

1. Bixler (H) 21:26, 2. Radford (H) 21:35, 3. Alexander (H) 21:47, 4. Singley (C) 21:49, 5. Krusen (H) 22:04, 6. Moy (H) 22:15, 7. Cruciana (H) 22:23, 8. Martin (C) 22:29, 9. Barchet (H) 22:39, 10. Rubin (H) 22:53.

Ches-Mont Championships
At Westtown School
October 20, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	5:08	5:44	10:52	6:09	17:01	18th
Steven Massaro	5:30	6:16	11:46	6:38	18:24	56th
Connor Riisen	5:30	6:19	11:49	6:51	18:40	66th
Phil Gemmell	5:40	6:34	12:14	6:58	19:12	74th
Ian Dietrich	5:40	6:38	12:18	7:08	19:26	77th
Kyle McCausland	5:48	6:36	12:24	7:11	19:35	82nd
Danny Hackmeister	6:05	6:46	12:51	6:51	19:42	85th JV
Tyler Hudock	5:44	6:53	12:37	7:27	20:04	88th
Jared Henderson	6:11	6:44	12:55	7:18	20:13	116th JV
Josh Konitzer	6:40	7:18	13:58	7:34	21:32	161st JV
TJ Mirenda	6:39	7:15	13:54	7:48	21:42	166th JV
Deiondre Brown	6:11	7:32	13:43	8:21	22:04	178th JV
Nathaniel Henderson	6:45	7:26	14:11	7:57	22:08	181st JV

Kelly Boulger	6:01	6:53	12:54	7:27	20:21	28th
Samantha Martin	6:19	7:10	13:29	7:39	21:08	44th
Nikki Singley	6:27	7:14	13:41	7:44	21:25	52nd
Hayley Heidelbaugh	6:57	7:57	14:54	8:35	23:29	77th
Johanna Lamb	7:20	8:36	15:56	9:05	25:01	87th
Danielle McFadien	7:27	8:37	16:04	9:26	25:30	88th
Corine Mendenhall	8:10	9:19	17:29	9:43	27:12	92nd

Ches-Mont Championships
Boys Newspaper Articles

Pats' brother act steals show

Neal Willig finishes first, Matt third

BOYS

By DENNY DYROFF
Journal Register News Service

WESTTOWN - During the long history of Ches-Mont League cross country, there have been a number of teams who won titles with standout brothers in their top seven, including West Chester Henderson with Ben and Bill Showers and Coatesville with the Dawson Twins - Kyle and Owen.

Now, it's time to make room on that plateau for another pair of stellar siblings - Great Valley's Ned and Matt Willig.

At Friday's 61st Ches-Mont League Cross Country Championships at Westtown School, Ned Willig crossed first with a time of 15:58 and Matt Willig finished third with a clocking of 16:33.

"This was my best race of the season," said Ned Willig, a senior. "Early in the season, it was hard

Staff photo by Amy Dragoo

Great Valley's Ned Willig negotiates the course during the boys portion of the Ches-Mont Cross Country Championships at Westtown School on Friday.

Act

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for me to get a rhythm but I feel good now. It was a perfect day to race. It was great weather and this is a great course - even if it was a little muddy at spots.

"My mile time was 5:01. In the first mile, I was exchanging leads with the Henderson kids and an Oxford kid. After a mile-and-a-half, I started to pull away. I felt good so I tried to keep going and push it as much as I could.

"I was really pushing it in the third mile. I was fearful that the Henderson kid (Sam Haugh) or (Unionville's Steve) Yannacone would come up on me and catch me. So, I kept running hard and finished as strong as I could."

Matt Willig, a Patriot sophomore, said, "Finishng in third place is a bit of a surprise for me. I was very happy with my results - especially because I've been running with shin splints. I did a lot of mileage at a summer camp and over-used it.

"The shin splints are still there but they're getting better. I was probably 10th to 15th at the mile. At the start of the second mile, I started to pick people off and I was fifth or sixth at the two-mile. With 800 (meters) to go, I really pushed it hard and passed two guys."

In the team standings, Henderson repeated a league champion - again. The Warriors took first with 32 points followed by Great Valley (40), West Chester East (90) and Downingtown West (129).

Henderson was led by Sam Haugh who was sandwiched between the Willigs and finished with a time of 16:17.

"My race felt good," said Haugh. "I kind of stayed behind early and then started moving up. I was between eighth and 10th at the mile. My teammate Seamus Collins helped me and I started working the second mile.

"By the two-mile I was second or third. By then, (Ned) Willig had really picked it up and then held the gap for the rest of the race. The finish was hard. But, I felt pretty good at the finish. It was great that we won as a team."

The Warriors' other finishers were A.J. Chaborek (fourth), Seamus Collins (seventh), Mike Salach (eighth), Bobby Rimkis (11th), Eric Stratman (12th) and Charlie Grab (19th).

Henderson finished as Ches-Mont League National Division champion and Great Valley won the title in the American Division. Great Valley's runners finishers in Friday's meet were Garrett Zatlin (sixth), Billy Wolffe (10th), Aidan Cunniffe (20th), Daniel Dudt (29th) and Peter Flanagan (43rd).

The only other runners to break into the Top 10 at the 2011 Ches-Mont meet were Downingtown West's Joey Steadman, who placed fifth at 16:36, and West Chester Rustin's Trevor Woodruff, who was ninth at 16:45.

Ches-Mont League Cross Country Championships

Team Standings

1. W.C. Henderson (H) 32, 2. Great Valley (G) 40, 3. W.C. East (WCE) 90, 4. Downingtown West (DW) 129, 5. Avon Grove (AG) 178, 6. Unionville (UN) 185, 7. W.C. Rustin (WCR) 194, 8. Kennett (K) 199, 9. Downingtown East (DE) 228, 10. Oxford (OX) 262, 11. Coatesville (CO) 291, 12. Bishop Shanahan (BS) 366, 13. Octorara (OC) 402, 14. Sun Valley (SV) 405

Individual results

1. Ned Willig (G) 15:58, 2. Sam Haugh (H) 16:17, 3. Matt Willig (G) 16:33, 4. A.J. Chaborek (H) 16:35, 5. Joey Steadman (DW) 16:36, 6. Garrett Zatlin (G) 16:38, 7. Seamus Collins (H) 16:43, 8. Mike Salach (H) 16:45, 9. Trevor Woodruff (R) 16:45, 10. Billy Wolffe (G) 16:49, 11. Bobby Rimkis (H) 16:50, 12. Eric Stratman (H) 16:50, 13. Jesse Rogers (WCE) 16:51, 14. Zach Trama (WCE) 16:51, 15. Steve Yannacone (U) 16:52.

Ches-Mont Championships
Girls Newspaper Articles

W.C. Henderson grabs team title

Unionville's Smith individual winner

GIRLS

By DENNY DYROFF
Journal Register News Service

WESTTOWN – The story of Friday's Ches-Mont League Girls Cross Country Championships bore a striking resemblance to the plot of last year's league meet.

Downingtown East arrived with a perfect regular season record in the Ches-Mont's National Division while West Chester Henderson finished with just a loss to East. That meant that if the Warriors won the league meet, they also would claim the team title.

Last year, East came in with an unblemished record and sights set on winning the division title. But, Henderson won the meet – and the title. This year, the Warriors did it again.

With Stephanie Aldrich and Amanda Eisman leading the way, Henderson won the league meet

✦ See **GRABS,** Page C3

Grabs

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with 50 points. Aldrich finished second with a clocking of 18:45 while Eisman was sixth with a time of 19:15. The individual champion was Unionville's Courtney Smith.

"The first mile was pretty crisp," said Aldrich. "There was a pretty good pack up front. The Unionville girl (Smith) went out well. I didn't know how she was going to run the mile. So, I was hanging off her and the Avon Grove girl (Ariel Pastore-Sebring) who was up with her.

"I was in second place at the two-mile and then tried to pass her (Smith). I tried to pass her coming down the hill but she had a little more left than I thought she did. I tried hard but I couldn't catch her."

The Warriors' other finishers were Janie Augustyn (11th), Sierra Middleton (15th), Michelle Tracy (16th), Anna Radford (24th) and Maddie Bixler

Gold medalist Smith, the Indians' speedy sophomore ace, topped the field at Westtown School with a time of 18:44.

"I went out hard in the first mile," said Smith. "The first mile felt fast. There were four or five of us running together and we were still together at the mile. I started to move up more in the second mile.

"The second mile is hilly so I tried to use the hills to my advantage. I like uphills better than downhills because I'm short. My shorter strides are an advantage on the uphills. But, they are also a disadvantage on the downhills.

"The third mile was fun. When it was getting near the end, I could see the finish and that was inspirational. At the beginning of the third mile, Aldrich passed me for a couple steps but I caught her by the bottom of the hill."

The Indians took second place in the team standings with all five scorers in the top 20. Joining Smith in the upper echelon of finishers were Anne Birkenmaier (10th), Emily Fisher (14th), Sam Collins (17th), Olivia Young (18th), Gretchen Mills (22nd) and Kris Abens (33rd).

If there were a "Rookie-of-the-Year" award given out at the meet, it surely would have gone to West Chester Rustin's Amber Hontz. The Golden Knights' standout freshman snagged the bronze medal when she crossed third with a time of 19:01.

"The first mile was fast," said Hontz. "I took it out hard and was around fourth at the mile. I picked it up in the second mile and passed a few girls. The third mile was a bit harder. But, I was almost done so I tried to kick it hard. When it got to the last 400, I just gave it all I had. I thought I was going to die but I kept up."

Downingtown East's top three girls all finished well. Katelyn Callaghan was fourth at 19:07, Anja Weiler was fifth at 19:07 and Biz Weiler was seventh at 19:20.

The meet's other top 10 finishers were Oxford's Meghan Harvey, who placed eighth at 19:22, and Great Valley's Elise Claffey, who crossed ninth a 19:24.

Ches-Mont League
Cross Country Championships

Team totals

1. West Chester Henderson (WCH) 50, 2. Unionville (U) 60, 3. Downingtown East (DE) 64, 4. Great Valley (GV) 117, 5.Avon Grove (AG) 158, 6. Downingtown West (DW) 183, 7. West Chester Rustin (R) 207, 8. Bishop Shanahan (BS) 216, 9. West Chester East (WCE) 238, 10. Oxford (OX) 260, 11. Coatesville (CO) 288, 12. Octorara (OCT) 355. 13. Kennett (K) 373, 14. Sun Valley (SV) 394.

Individual results

1. Courtney Smith (U) 18:44; 2. Stephanie Aldrich (H) 18:45; 3. Amber Hontz (R) 19:01; 4. Katelyn Callaghan (DE) 19:07; 5. Anja Weiler (DE) 19:07; 6. Amanda Eisman (H) 19:15; 7. Biz Weiler (DE) 19:20; 8. Meghan Harvey (OX) 19:22; 9. Elise Claffey (GV) 19:24; 10. Anne Birkenmaier (U) 19:24; 11. Janie Augustyn (H) 19:29; 12; Ariel Pastore-Sebring (AG) 19:31; 13. Kim Bizal (BS) 19:32; 14. Emily Fisher (U) 19:34; 15. Sierra Middleton (H) 19:35.

District 1 Championships
At Lehigh University
October 28, 2011

Name	Mile 1	Mile 2		Finish		Place
Jackson Davis	5:06	5:35	10:41	5:50	16:31	40th
Steven Massaro	5:26	6:21	11:47	6:25	18:12	291st
Phil Gemmell	5:33	6:22	11:55	6:36	18:31	321st
Connor Riisen	5:29	6:33	12:02	6:41	18:43	342nd
Ian Dietrich	5:51	6:28	12:19	6:40	18:59	148th JV
Danny Hackmeister	5:56	6:30	12:26	6:37	19:03	154th JV
Kyle McCausland	5:44	6:38	12:22	6:53	19:15	380th
Nate Ohrwaschel	5:47	6:49	12:36	6:59	19:35	389th
Tyler Hudock	5:53	6:41	12:34	7:21	19:55	265th JV
Jared Henderson	6:15	6:50	13:05	6:54	19:59	276th JV
Josh Konitzer	6:26	6:52	13:18	7:08	20:26	334th JV
Deiondre Brown	6:09	7:14	13:23	7:38	21:01	389th JV
Nathaniel Henderson	6:35	7:18	13:53	7:18	21:11	397th JV
TJ Mirenda	6:46	7:23	14:09	7:23	21:32	418th JV

Samantha Martin	6:15	7:07	13:22	7:20	20:42	155th
Nikki Singley	6:23	7:10	13:33	7:14	20:47	169th
Johanna Lamb	7:03	8:13	15:16	8:27	23:43	361st
Danielle McFadien	7:07	8:16	15:23	8:42	24:05	375th
Corine Mendenhall	7:41	8:59	16:40	9:24	26:04	406th

PIAA State Championships
November 5, 2011

Name	Mile Pace	Mile 1	Finish	Place
Jackson Davis	5:43	5:08	17:44	164th

Ned Willig top boys individual finisher

By DENNY DYROFF
Journal Register News Service

HERSHEY – After finishing third behind West Chester Henderson and Great Valley at last week's District 1 Class AAA Cross Country Championships, not too many people around the state expected North Penn to be in the thick of the hunt for the state championship trophy.

But, North Penn pipped both the Warriors and the Patriots at the PIAA Class AAA Championships Saturday on Hersheypark's Parkview Course. There was a tie for first with North Penn and Cardinal O'Hara both scoring 132 points with their first five finishers.

The Knights' sixth runner finished faster than the Lions' sixth man and that gave North Penn the tiebreaker and the team championship trophy. North Allegheny finished in third place with 144 points and the Tigers' District 7 rival Mount Lebanon was fourth at 153.

West Chester Henderson checked in at number five with 195 points followed by Council Rock North (229), LaSalle (236) and Great Valley (248).

Great Valley accounted for the area's top individual finisher – Ned Willig. The Patriots' stellar senior placed ninth overall with a clocking of 16:19.

"I'm pretty happy with how I did individually," said Willig. "I finished in the top 10 so I can't complain. I was in the back at the beginning. I should have started out faster. I was about 60th at the mile so I still had a lot of moving up to do. "My mile time was around 5:05 so it was pretty fast. The second mile is where I was really picking people off. I moved up to around 20th by the two-mile mark. There are a lot of hills in the second mile and I like hills."

Willig took his race into high gear as the race entered its final third and began zeroing in on a top 10 finish.

"I really passed a lot of runners in the last mile," said Willig. "Then, I got a lot of people in the last quarter-mile – maybe five or six. We still had the Poop-Out Hill left. I charged up the hill and got two more guys.

"Finally, I passed one more guy (Pennsbury's Connor Harriman) on the final stretch to move from 10th to ninth. I ran in the state championships all four years and this was definitely my best performance."

The Patriots' other finishers were Billy Wolffe (70th, 17:04), Aidan Cunniffe (115th, 17:28), Matt Willig (138th, 17:35), Daniel Dudt (179th, 17:49), Kyle Kilroy (206th, 18:08) and Garrett Zatlin (224th, 18:18).

"Our team struggled a little today," added Willig. "We just didn't get out well. We all got trapped in the back."

West Chester Henderson was paced by Tony Russell, who placed 27th with a time of 16:37, and Sam Haugh, who finished 46th at 16:50.

The Warriors' other finishers were Bobby Rimkis (88th, 17:15), Mike Salach (95th, 17:19), Charlie Grab (127th, 17:32), AJ Chaborek (199th, 18:03) and Seamus Collins (203rd, 18:06).

Other area runners who competed in Saturday's Class AAA meet were Downingtown West's Joey Steadman, who finished 92nd at 17:17, West Chester East's Jesse Rogers, who was 135th at 17:35, and Coatesville's Jackson Davis, who was 164th at 17:44.

In the PIAA Class AA race, which was the meet's opening event, Devon Prep's Tom Seykora placed 83rd with a clocking of 17:52 and Church Farm School's Franky Mills finished 170th with a time of 18:34.

Freshmen Boys – Records
1985-2011

	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	Luis Rivera	10/11/1995	15:47	Henderson
2	Ken DiMarzio	9/24/1997	16:17	West Chester East
3	Matt Lapp	9/24/1997	16:19	West Chester East
4	Matt Lapp	10/11/1997	16:29	Wm. Tennent
5	Ken DiMarzio	10/11/1997	16:38	Wm. Tennent
6	Rob Robertson	10/10/1998	16:48	Wm. Tennent
7	Keith Andrews	10/2/1996	17:06	Henderson
8	Scott Shortlidge	9/24/1997	17:19	West Chester East
9	Tyrone LeCato	9/24/1997	17:26	West Chester East
10	James Smith	10/9/1999	17:26	Wm. Tennent

Race Distance 3.1 Miles				
1	Luis Rivera	10/27/1995	16:34	Districts
2	Luis Rivera	10/3/1995	16:39	West Chester East
3	Kyle Dawson	10/24/2003	16:39	Districts
4	Luis Rivera	10/14/1995	16:40	State College
5	Luis Rivera	9/23/1995	16:44	Conrad Weiser
6	Matt Lapp	10/24/1997	16:51	Districts
7	Luis Rivera	9/29/1995	17:01	Coatesville
8	Luis Rivera	9/9/1995	17:02	Unionville Inv.
9	Chris Rosato	10/28/2005	17:08	Districts
10	Patrick McGinley	10/26/2007	17:08	Districts

Freshmen Girls – Records
1987-2011

	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	Kelly O'Connell	9/10/1998	19:16	West Chester East
2	Kelly O'Connell	10/10/1998	19:23	Wm. Tennent
3	Jodi Lewis	10/9/1999	20:19	Wm. Tennent
4	Ilea Frankovitch	10/11/1995	20:26	Henderson
5	Lezlee Race	10/11/1995	20:45	Henderson
6	Sandy Colsher	10/23/1987	20:50	Ches-Monts
7	Teal Zeisler	10/10/1998	20:52	Wm. Tennent
8	Kirsten Fitch	9/29/2004	21:20	Coatesville
9	Teal Zeisler	9/10/1998	21:33	West Chester East
10	Jodi Lewis	9/29/1999	21:37	West Chester East

Race Distance: 3.1 Miles				
1	Kristina Kubala	10/24/2003	18:56	Districts
2	Kristina Kubala	10/4/2003	19:14	Steel City Inv.
3	Kristina Kubala	10/1/2003	19:19	Coatesville
4	Kelly O'Connell	10/30/1998	19:44	Districts
5	Kristina Kubala	10/8/2003	19:50	Henderson
6	Kelly O'Connell	11/7/1998	20:02	States - PS
7	Kelly O'Connell	11/7/1998	20:07	Steel City Inv.
8	Kristina Kubala	9/27/2003	20:14	Carlisle Inv.
9	Kelly O'Connell	10/22/1998	20:15	Ches-Monts
10	Kristina Kubala	11/1/2003	20:15	States - HP

Sophomore Boys – Records
1985-2011

	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	Jesse Chalfant	10/2/1996	15:32	Henderson
2	Ken DiMarzio	9/10/1998	15:49	West Chester East
3	Matthew Lapp	10/10/1998	15:54	Wm. Tennent
4	Matthew Lapp	9/10/1998	16:00	West Chester East
5	Sean Ward	9/29/2004	16:05	Coateville
6	Ken DiMarzio	10/10/1998	16:11	Wm. Tennent
7	Sean Ward	9/22/2004	16:11	Downingtown West
8	Luis Rivera	10/2/1996	16:14	Henderson
9	Jesse Chalfant	10/12/1996	16:18	Wm. Tennent
10	Jason Leonard	9/29/2004	16:22	Coateville

Race Distance: 3.1 Miles				
1	Jason Leonard	10/29/2004	15:53	Districts
2	Sean Ward	10/29/2004	15:58	Districts
3	Tom Pannulla	10/29/2004	16:00	Districts
4	Ken DiMarzio	10/22/1998	16:13	Ches-Monts
5	Matthew Lapp	10/30/1998	16:13	Districts
6	Matthew Lapp	10/22/1998	16:15	Ches-Monts
7	Ken DiMarzio	10/30/1998	16:17	Districts
8	Matthew Lapp	11/7/1998	16:20	States - PS
9	Sean Ward	10/13/2004	16:25	Coatesville
10	Billy Hackmeister	10/26/2007	16:27	Districts

Sophomore Girls – Records
1987-2011

	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	Kelly O'Connell	10/9/1999	18:43	Wm. Tennent
2	Katie Nowak	10/12/1996	19:11	Wm. Tennent
3	Katie Nowak	10/2/1996	19:13	Henderson
4	Allison Heydt	10/2/1996	19:27	Henderson
5	Kelly O'Connell	9/29/1999	19:46	West Chester East
6	Cori Rhoades	9/25/1991	19:49	Henderson
7	Ilea Frankovitch	10/12/1996	19:56	Wm. Tennent
8	Lynda Buxton	9/24/1997	19:57	West Chester East
9	Ilea Frankovitch	10/2/1996	19:58	Henderson
10	Lynda Buxton	10/11/1997	20:06	Wm. Tennent

Race Distance: 3.1 miles				
1	Cori Rhoades	10/11/1991	18:48	Coatesville
2	Cori Rhoades	9/27/1991	18:58	Coatesville
3	Kelly O'Connell	10/29/1999	19:02	Districts
4	Kristina Kubala	10/29/2004	19:14	Districts
5	Cori Rhoades	10/29/1991	19:15	Districts
6	Kelly O'Connell	11/6/1999	19:22	States - LU
7	Cori Rhoades	9/25/1991	19:31	Coatesville
8	Allison Sirna	10/29/2004	19:34	Districts
9	Kelly O'Connell	10/13/1999	19:37	Downingtown
10	Cori Rhoades	9/18/1991	19:45	Coatesville

Junior Boys – Records
1985-2011

	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	J. R. Cox	10/2/1996	15:26	Henderson
2	Jesse Chalfant	10/11/1997	15:37	Wm. Tennent
3	Jesse Chalfant	9/24/1997	15:40	West Chester East
4	J. R. Cox	10/12/1996	15:49	Wm. Tennent
5	Luis Rivera	10/11/1997	15:53	Wm. Tennent
6	Luis Rivera	9/24/1997	15:54	West Chester East
7	Justin Robertson	9/10/2002	15:57	West Chester East
8	Jed Nowak	9/10/2002	16:16	West Chester East
9	Rob Robertson	9/7/2000	16:21	West Chester East
10	Wesley James	10/23/1987	16:23	Ches-Monts
11	Keith Andrews	9/10/1998	16:23	West Chester East

Race Distance: 3.1 Miles				
1	Kyle Dawson	10/28/2005	15:16	Districts
2	Kyle Dawson	10/12/2005	15:32	West Chester East
3	Jason Leonard	10/28/2005	15:43	Districts
4	Chris Rosato	9/12/2007	15:46	Downingtown West
5	Chris Rosato	10/26/2007	15:48	Districts
6	Sean Ward	10/28/2005	15:51	Districts
7	Kyle Dawson	9/24/2005	15:52	Carlisle
8	Kyle Dawson	11/5/2005	15:54	States
9	Justin Robertson	10/25/2002	15:55	Districts
10	Owen Dawson	10/28/2005	15:59	Districts

Junior Girls – Records
1987-2011

	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	Katie Nowak	9/24/1997	18:39	West Chester East
2	Katie Nowak	10/11/1997	18:54	Wm. Tennent
3	Cori Rhoades	9/23/1992	18:59	Henderson
4	Kelly O'Connell	9/7/2000	19:10	West Chester East
5	Allison Heydt	9/24/1997	19:22	West Chester East
6	Ilea Frankovitch	9/24/1997	19:28	West Chester East
7	Nicole Laquintano	9/11/1993	19:29	Unionville Inv.
8	Cori Rhoades	9/16/1992	19:32	West Chester East
9	Laura McNally	9/24/1997	19:43	West Chester East
10	Allison Heydt	10/11/1997	19:47	Wm. Tennent

Race Distance: 3.1 Miles				
1	Cori Rhoades	10/31/1992	18:49	Districts
2	Kelly O'Connell	10/27/2000	18:57	Districts
3	Cori Rhoades	9/4/1992	19:02	Coatesville
4	Kelly O'Connell	10/11/2000	19:05	Coatesville
5	Kelly O'Connell	9/27/2000	19:15	Coatesville
6	Cori Rhoades	10/14/1992	19:17	Coatesville
7	Kristina Kubala	10/28/2005	19:17	Districts
8	Cori Rhoades	10/7/1992	19:18	Coatesville
9	Cori Rhoades	11/7/1992	19:24	States - PS
10	Katherine Frank	10/26/2007	19:29	Districts

Senior Boys – Records
1985-2011

	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	Rob Robertson	9/26/2001	15:12	West Chester East
2	J. R. Cox	10/11/1997	15:27	Wm. Tennent
3	Kyle Dawson	9/27/2006	15:30	West Chester Rustin
4	Ellis Wilson	9/22/2004	15:31	Downingtown West
5	Jason Leonard	9/27/2006	15:31	West Chester Rustin
6	Jesse Chalfant	9/10/1998	15:37	West Chester East
7	J. R. Cox	9/24/1997	15:40	West Chester East
8	Tom Pannulla	9/27/2006	15:41	West Chester Rustin
9	Jesse Chalfant	10/10/1998	15:42	Wm. Tennent
10	Bob Hendricks	9/11/1993	15:46	Unionville Inv.

Race Distance: 3.1 Miles				
1	Kyle Dawson	10/27/2006	14:58	Districts
2	Kyle Dawson	10/11/2006	15:10	W. C. Henderson
3	Kyle Dawson	9/30/2006	15:17	Carlisle Inv.
4	Kyle Dawson	11/4/2006	15:17	States - Her. Golf
5	Owen Dawson	10/27/2006	15:22	Districts
6	Amin Garnett	10/29/2004	15:29	Districts
7	Tom Pannulla	10/27/2006	15:29	Districts
8	Rob Robertson	10/26/2001	15:37	Districts
9	Tom Pannulla	11/4/2006	15:38	States - Her. Golf
10	Jason Leonard	10/27/2006	15:39	Districts

Senior Girls – Records
1987-2011

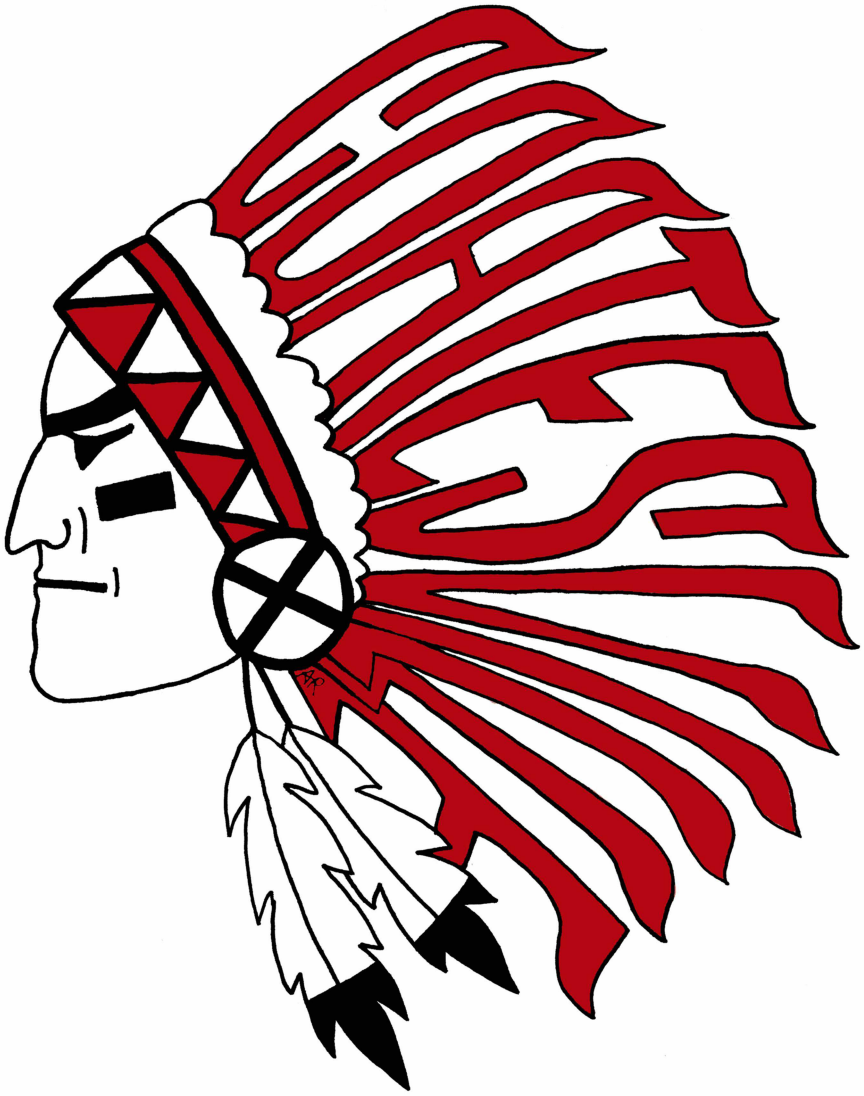
	Name	Date	Time	Course
Race Distance: 3.0 Miles				
1	Katie Nowak	10/10/1998	18:10	Wm. Tennent
2	Kelly O'Connell	9/26/2001	18:16	West Chester East
3	Cori Rhoades	9/11/1993	18:20	Unionville Inv.
4	Marie Hess	10/11/1995	18:27	Henderson
5	Katie Nowak	9/10/1998	18:41	West Chester East
6	Cori Rhoades	10/6/1993	19:02	West Chester East
7	Allison Heydt	9/10/1998	19:09	West Chester East
8	Theresa Stanford	10/10/1998	19:34	Wm. Tennent
9	Allison Heydt	10/10/1998	19:38	Wm. Tennent
10	Kristina Kubala	9/27/2006	19:47	West Chester Rustin

Race Distance: 3.1 Miles				
1	Kelly O'Connell	10/26/2001	18:14	Districts
2	Katie Nowak	11/7/1998	18:15	States- PS.
3	Katie Nowak	10/30/1998	18:17	Districts
4	Kelly O'Connell	9/19/2001	18:17	Coatesville
5	Cori Rhoades	10/13/1993	18:25	Henderson
6	Sheena Crawley	10/24/2008	18:38	Districts
7	Kelly O'Connell	10/6/2001	18:44	Steel City
8	Kelly O'Connell	10/18/2001	18:49	Ches - Monts
9	Kelly O'Connell	10/10/2001	18:52	Downingtown
10	Kristina Kubala	10/27/2006	18:52	Districts

Freshmen Boys – Tough Times
Under 18:00 (1985-2011)

	Name	Date	Time
1	Luis Rivera	10/11/1995	15:47
2	Ken DiMarzio	9/24/1997	16:17
3	Matthew Lapp	9/24/1997	16:19
4	Matthew Lapp	10/11/1997	16:29
5	Luis Rivera	10/27/1995	16:34
6	Ken DiMarzio	10/11/1997	16:38
7	Luis Rivera	10/3/1995	16:39
8	Kyle Dawson	10/24/2003	16:39
9	Luis Rivera	10/14/1995	16:40
10	Luis Rivera	9/23/1995	16:44
11	Rob Robertson	10/10/1998	16:48
12	Matthew Lapp	10/24/1997	16:51
13	Luis Rivera	9/29/1995	17:01
14	Luis Rivera	9/9/1995	17:02
15	Keith Andrews	10/2/1996	17:06
16	Chris Rosato	10/28/2005	17:08
17	Patrick McGinley	10/26/2007	17:08
18	Kyle Dawson	10/1/2003	17:10
19	Andrew Mahoney	10/29/2004	17:11
20	Luis Rivera	9/20/1995	17:13
21	Matthew Lapp	9/27/197	17:17
22	Scott Shortledge	9/24/1997	17:19
23	Rob Robertson	9/10/1998	17:20
24	Sean Ward	10/24/2003	17:22
25	Kyle Dawson	10/4/2003	17:23
26	Kyle Dawson	11/1/2003	17:24
27	Rob Robertson	10/22/1998	17:25
28	Tyrone LeCato	9/24/1997	17:26
29	James Smith	10/9/2003	17:26
30	Jesse Chalfant	10/27/1995	17:27
31	Owen Dawson	10/24/2003	17:27
32	Ken DiMarzio	10/24/1997	17:28
33	Tyrone LeCato	10/11/1997	17:30
34	Billy Hackmeister	10/27/2006	17:30
35	Scott Shortledge	10/11/1997	17:31
36	Sean Ward	10/1/2003	17:31

	Name	Date	Time
37	Luis Rivera	10/20/1995	17:32
38	Matthew Lapp	10/16/1997	17:32
39	Keith Andrews	10/12/1996	17:33
40	Ken DiMarzio	9/27/1997	17:35
41	Matthew Lapp	10/1/1997	17:42
42	Andrew Mahoney	9/29/2004	17:42
43	Kyle Dawson	10/8/2003	17:45
44	Jason Leonard	10/24/2003	17:48
45	Chris Rosato	10/12/2005	17:52
46	Sean Ward	10/8/2003	17:53
47	Patrick McGinley	10/18/2007	17:57
48	Billy Hackmeister	10/11/2006	17:58



Freshmen Girls – Tough Times
Under 21:00 (1987-2011)

	Name	Date	Time
1	Kristina Kubala	10/24/2003	18:56
2	Kristina Kubala	10/4/2003	19:14
3	Kelly O'Connell	9/10/1998	19:16
4	Kristina Kubala	10/1/2003	19:19
5	Kelly O'Connell	10/10/1998	19:23
6	Kelly O'Connell	10/30/1998	19:44
7	Kristina Kubala	10/8/2003	19:50
8	Kelly O'Connell	11/7/1998	20:02
9	Kelly O'Connell	10/3/1998	20:07
10	Kristina Kubala	9/27/2003	20:14
11	Kelly O'Connell	10/22/1998	20:15
12	Kristina Kubala	11/1/2003	20:15
13	Kristina Kubala	9/17/2003	20:16
14	Kelly O'Connell	10/14/1998	20:17
15	Jodi Lewis	10/9/1999	20:19
16	Kelly O'Connell	9/26/1998	20:23
17	Jodi Lewis	10/29/1999	20:24
18	Ilea Frankovitch	10/11/1995	20:26
19	Kristina Kubala	9/6/2003	20:30
20	Kristina Kubala	9/24/2003	20:32
21	Kelly O'Connell	9/23/1998	20:33
22	Kelly O'Connell	10/7/1998	20:36
23	Kayla Acker	10/25/2002	20:36
24	Kelly Boulger	10/29/2010	20:36
25	Lezlee Race	10/11/1995	20:45
26	Kelly O'Connell	9/29/1998	20:45
27	Sandy Colsher	10/23/1987	20:50
28	Kirsten Fitch	10/29/2004	20:50
29	Teal Zeisler	10/10/1998	20:52

Sophomore Boys – Tough Times
Under 17:30 (1985-2011)

	Name	Date	Time
1	Jesse Chalfant	10/2/1996	15:32
2	Ken DiMarzio	9/10/1998	15:49
3	Jason Leonard	10/29/2004	15:53
4	Matthew Lapp	10/10/1998	15:54
5	Sean Ward	10/29/2004	15:58
6	Matthew Lapp	9/10/1998	16:00
7	Tom Pannulla	10/29/2004	16:00
8	Sean Ward	9/29/2004	16:05
9	Jed Nowak	9/26/2001	16:10
10	Ken DiMarzio	10/10/1998	16:11
11	Sean Ward	9/22/2004	16:11
12	Ken DiMarzio	10/22/1998	16:13
13	Matthew Lapp	10/30/1998	16:13
14	Luis Rivera	10/2/1996	16:14
15	Matthew Lapp	10/22/1998	16:15
16	Ken DiMarzio	10/30/1998	16:17
17	Jesse Chalfant	10/12/1996	16:18
18	Matthew Lapp	11/7/1998	16:20
19	Keith Andrews	10/11/1997	16:25
20	Scott Shortlidge	10/10/1998	16:25
21	Sean Ward	10/13/2004	16:25
22	Justin Robertson	9/26/2001	16:26
23	Chris Rosato	9/27/2006	16:26
24	Billy Hackmeister	10/26/2007	16:27
25	Jason Leonard	9/29/2004	16:29
26	Sean Ward	9/25/2004	16:31
27	Chris Rosato	11/4/2006	16:32
28	Tom Pannulla	9/25/2004	16:33
29	Jesse Chalfant	10/26/1996	16:34
30	Chris Rosato	10/27/2006	16:34
31	Jed Nowak	10/26/2001	16:35
32	Joshua Nowak	9/10/1998	16:36
33	Tom Pannulla	10/13/2004	16:36
34	Matthew Lapp	10/3/1998	16:38
35	Tom Pannulla	9/29/2004	16:38
36	David Monachello	9/26/2001	16:39
37	Shane Snyder	10/26/2001	16:39
38	Sean Ward	9/11/2004	16:40
39	Wesley James	10/17/1986	16:41

	Name	Date	Time
40	Shane Snyder	9/26/2001	16:42
41	Jesse Chalfant	11/2/1996	16:44
42	Ken DiMarzio	10/3/1998	16:44
43	Tom Pannulla	11/6/2004	16:44
44	Chris Rosato	10/11/2006	16:44
45	Justin Robertson	10/8/2001	16:45
46	Ellis Wilson	10/25/2002	16:46
47	Justin Robertson	10/26/2001	16:47
48	Scott Shortlidge	10/30/1998	16:48
49	Ken DiMarzio	11/7/1998	16:48
50	Chris Rosato	9/30/2006	16:48
51	Pat McGinley	10/24/2008	16:49
52	Luis Rivera	10/12/1996	16:50
53	Scott Shortlidge	9/10/1998	16:50
54	Sean Ward	11/6/2004	16:50
55	Rob Robertson	10/9/1999	16:51
56	Tom Pannulla	9/4/2004	16:51
57	Jason Leonard	10/13/2004	16:51
58	Marquis Thomas	10/7/1992	16:52
59	Jason Leonard	9/11/2004	16:52
60	Sean Ward	10/6/2004	16:52
61	Jason Leonard	9/22/2004	16:53
62	Billy Hackmeister	9/12/2007	16:53
63	Tyrone LeCato	9/10/1998	16:54
64	Tyrone LeCato	10/10/1998	16:54
65	Jason Leonard	9/25/2004	16:54
66	Rob Robertson	9/4/1999	16:55
67	Sean Ward	9/15/2004	16:55
68	Pat McGinley	10/1/2008	16:55
69	Keith Andrews	9/24/1997	16:56
70	Billy Hackmeister	11/3/2007	16:56
71	Lexus Hales	10/2/1996	16:57
72	Jed Nowak	9/19/2001	16:57
73	Zach Mains	10/26/2007	16:57
74	Jesse Chalfant	10/5/1996	16:58
75	Ken DiMarzio	9/26/1998	16:58
76	Shane Snyder	9/19/2001	16:58
77	Matthew Lapp	9/26/1998	17:00
78	Jed Nowak	10/18/2001	17:00
79	Ken DiMarzio	9/29/1998	17:01
80	Jed Nowak	10/3/2001	17:01
81	Jed Nowak	9/6/2001	17:02
82	Tom Pannulla	9/11/2004	17:02
83	Tom Pannulla	9/22/2004	17:03

	Name	Date	Time
84	Nick Stepani	9/10/1998	17:04
85	Chris Rosato	9/9/2006	17:04
86	Rob Robertson	10/2/1999	17:05
87	Justin Robertson	9/19/2001	17:05
88	Jason Leonard	9/4/2004	17:05
89	Matthew Lapp	10/14/1998	17:06
90	Ryan Shaver	9/27/2000	17:06
91	Justin Robertson	10/18/2001	17:06
92	Ken DiMarzio	9/19/1998	17:07
93	Ken DiMarzio	10/14/1998	17:07
94	David Monachello	10/18/2001	17:07
95	Sean Ward	9/4/2004	17:07
96	Marquis Thomas	9/23/1992	17:08
97	Jesse Chalfant	9/5/1996	17:08
98	Rob Robertson	9/29/1999	17:08
99	Rob Robertson	10/29/1999	17:08
100	Jed Nowak	9/8/2001	17:08
101	Jason Leonard	11/6/2004	17:08
102	Scott Shortlidge	11/7/1998	17:09
103	Ryan Shaver	10/27/2000	17:09
104	Justin Robertson	9/6/2001	17:09
105	David Monachello	9/19/2001	17:09
106	Chris Rosato	9/20/2006	17:09
107	Matthew Lapp	10/7/1998	17:10
108	Ken DiMarzio	10/7/1998	17:10
109	Shane Snyder	10/18/2001	17:10
110	David Monachello	10/26/2001	17:10
111	Tom Pannulla	10/6/2004	17:10
112	Sean Ward	10/22/2004	17:11
113	Mike Jackson	9/9/1989	17:12
114	Jesse Chalfant	9/28/1996	17:12
115	Eric Balbierer	10/29/2011	17:12
116	Ken DiMarzio	9/12/1998	17:13
117	Shane Snyder	10/6/2001	17:13
118	Jed Nowak	10/6/2001	17:13
119	Jesse Chalfant	9/11/1996	17:14
120	Billy Hackmeister	10/18/2007	17:14
121	David Monachello	10/3/2001	17:15
122	David Monachello	10/10/2001	17:15
123	Jason Leonard	9/15/2004	17:15
124	Scott Shortlidge	10/3/1998	17:16
125	Rob Robertson	10/13/1999	17:16
126	Justin Robertson	10/6/2001	17:16
127	Jesse Chalfant	10/9/1996	17:17

	Name	Date	Time
128	Jason Leonard	10/8/2004	17:17
129	Sean Ward	10/2/2004	17:19
130	Chris Rosato	10/19/2006	17:20
131	Jeremiah Wise	10/11/2000	17:21
132	David Monachello	9/6/2001	17:21
133	Shane Snyder	9/8/2001	17:21
134	Jed Nowak	10/10/2001	17:21
135	Tom Pannulla	10/2/2004	17:21
136	Chris Cabott	9/24/1994	17:22
137	Matthew Lapp	9/19/1998	17:22
138	Chad Gordon	9/29/2004	17:22
139	Matthew Lapp	9/29/1998	17:23
140	Drew Mahoney	10/12/2005	17:23
141	Tyler Robertson	10/24/2008	17:23
142	Wesley James	9/27/1986	17:24
143	Jed Nowak	9/1/2001	17:24
144	Drew Mahoney	10/28/2005	17:24
145	Marquis Thomas	10/14/1992	17:25
146	Jesse Chalfant	9/14/1996	17:25
147	Ryan Shaver	10/11/2000	17:25
148	Jed Nowak	9/12/2001	17:25
149	Chris Rosato	10/7/2006	17:25
150	Matthew Lapp	9/12/1998	17:26
151	Scott Shortlidge	10/22/1998	17:26
152	Tyrone LeCato	10/30/1998	17:26
153	David Monachello	9/12/2001	17:26
154	Justin Robertson	9/12/2001	17:26
155	Wesley James	9/23/1986	17:27
156	Jesse Chalfant	10/18/1996	17:27
157	Jeff Harry	10/17/1986	17:28
158	Wesley James	10/25/1986	17:28
159	Steve Jackson	10/4/1989	17:29
160	Mike Jackson	10/4/1989	17:29
161	Steve Jackson	9/9/1989	17:29
162	Marquis Thomas	10/31/1992	17:29
163	Ken DiMarzio	9/23/1998	17:29
164	Matthew Lapp	9/23/1998	17:29
165	Tyrone LeCato	10/22/1998	17:29
166	Rob Robertson	10/6/1999	17:29
167	Justin Robertson	10/10/2001	17:29

Sophomore Girls – Tough Times
Under 20:30 (1987-2011)

	Name	Date	Time
1	Kelly O'Connell	10/9/1999	18:43
2	Cori Rhoades	10/11/1991	18:48
3	Cori Rhoades	9/27/1991	18:58
4	Kelly O'Connell	10/29/1999	19:02
5	Katie Nowak	10/12/1996	19:11
6	Katie Nowak	10/2/1996	19:13
7	Kristina Kubala	10/29/2004	19:14
8	Cori Rhoades	10/29/1991	19:15
9	Kelly O'Connell	11/6/1999	19:22
10	Allison Heydt	10/2/1996	19:27
11	Cori Rhoades	9/25/1991	19:31
12	Allison Sirna	10/29/2004	19:34
13	Kelly O'Connell	10/13/1999	19:37
14	Cori Rhoades	9/18/1991	19:45
15	Kelly O'Connell	9/29/1999	19:46
16	Cori Rhoades	9/22/1991	19:49
17	Katie Nowak	10/5/1996	19:50
18	Cori Rhoades	9/11/1991	19:51
19	Kelly O'Connell	10/2/1999	19:53
20	Kelly O'Connell	9/4/1999	19:54
21	Ilea Frankovitch	10/12/1996	19:56
22	Lynda Buxton	9/24/1997	19:57
23	Ilea Frankovitch	10/2/1996	19:58
24	Katie Nowak	10/26/1996	20:01
25	Melanie Holl	10/30/2009	20:01
26	Mollie Dawson	10/26/2007	20:04
27	Lynda Buxton	10/11/1997	20:06
28	Kelly Boulger	9/3/2011	20:06
29	Laura McNally	10/2/1996	20:11
30	Katie Nowak	10/18/1996	20:12
31	Allison Heydt	10/12/1996	20:13
32	Kelly Boulger	9/24/2011	20:13
33	Katie Nowak	10/9/1996	20:14
34	Kelly O'Connell	10/6/1999	20:14
35	Katherine Frank	10/27/2006	20:15
36	Allison Heydt	10/26/1996	20:19

	Name	Date	Time
37	Kelly Boulger	9/21/2011	20:19
38	Kelly Boulger	10/20/2011	20:21
39	Cori Rhoades	9/7/1991	20:24
40	Allison Heydt	10/18/1996	20:24
41	Kelly O'Connell	9/18/1999	20:24
42	Sandy Colsher	10/22/1988	20:29

Junior Boys – Tough Times
Under 17:00 (1985-2011)

	Name	Date	Time
1	Kyle Dawson	10/28/2005	15:16
2	J. R. Cox	10/2/1996	15:26
3	Kyle Dawson	10/12/2005	15:32
4	Jesse Chalfant	10/11/1997	15:37
5	Jesse Chalfant	9/24/1997	15:40
6	Jason Leonard	10/28/2005	15:43
7	Chris Rosato	9/12/2007	15:46
8	Chris Rosato	10/26/2007	15:48
9	J. R. Cox	10/12/1996	15:49
10	Sean Ward	10/28/2005	15:51
11	Kyle Dawson	9/24/2005	15:52
12	Luis Rivera	10/11/1997	15:53
13	Luis Rivera	9/24/1997	15:54
14	Kyle Dawson	11/5/2005	15:54
15	Justin Robertson	10/25/2002	15:55
16	Justin Robertson	9/10/2002	15:57
17	Owen Dawson	10/28/2005	15:59
18	Amin Garnett	10/24/2003	16:00
19	Andrew Mahoney	10/27/2006	16:03
20	Sean Ward	10/12/2005	16:05
21	Kyle Dawson	9/3/2005	16:07
22	Tom Pannulla	10/28/2005	16:09
23	Jesse Chalfant	10/24/1997	16:10
24	Sean Ward	9/24/2005	16:10
25	Billy Hackmeister	10/24/2008	16:10
26	Rob Robertson	10/27/2000	16:11
27	Kyle Dawson	9/10/2005	16:11
28	Owen Dawson	10/12/2005	16:11
29	Ken DiMarzio	9/4/1999	16:12
30	Jason Leonard	10/12/2005	16:15
31	Jed Nowak	9/10/2002	16:16
32	Ellis Wilson	10/24/2003	16:17
33	Chris Rosato	9/29/2007	16:18
34	Jason Leonard	9/3/2005	16:19
35	Rob Robertson	10/7/2000	16:20
36	Kyle Dawson	10/1/2005	16:20

	Name	Date	Time
37	Jason Leonard	9/24/2005	16:21
38	Jesse Chalfant	9/27/1997	16:22
39	Shane Snyder	10/25/2002	16:22
40	Bryan Wolf	10/26/2007	16:22
41	Zach Mains	10/24/2008	16:22
42	Wesley James	10/23/1987	16:23
43	Rob Robertson	9/9/2000	16:23
44	Keith Andrews	9/10/1998	16:23
45	Jason Leonard	9/10/2005	16:23
46	Chris Rosato	9/8/2007	16:23
47	Ken DiMarzio	9/29/1999	16:24
48	Andrew Mahoney	10/11/2006	16:24
49	Chris Rosato	9/1/2007	16:24
50	Kyle Dawson	9/21/2005	16:25
51	Luis Rivera	9/27/1997	16:26
52	Shane Snyder	9/10/2002	16:26
53	Amin Garnett	10/1/2003	16:26
54	Sean Ward	9/10/2005	16:26
55	Marquis Thomas	9/11/1993	16:27
56	Ken DiMarzio	11/6/1999	16:27
57	Jed Nowak	9/25/2002	16:27
58	Chris Rosato	10/18/2007	16:27
59	Shane Snyder	9/25/2002	16:29
60	Andrew Mahoney	9/27/2006	16:29
61	Bryan Wolf	9/12/2007	16:29
62	Shane Snyder	9/14/2002	16:30
63	Tom Pannulla	9/24/2005	16:30
64	Billy Hackmeister	10/1/2008	16:30
65	Amin Garnett	10/4/2003	16:31
66	Dan Dix	10/11/1995	16:32
67	Sean Ward	11/5/2005	16:32
68	J. R. Cox	10/26/1996	16:33
69	Chris Rosato	11/3/2007	16:33
70	Jesse Chalfant	10/1/1997	16:34
71	Sean Ward	9/21/2005	16:36
72	Tom Pannulla	10/12/2005	16:36
73	Andrew Mahoney	11/4/2006	16:36
74	Connor McLaughlin	9/12/2009	16:36
75	Owen Dawson	11/5/2005	16:37
76	Jeff Barrage	10/11/1997	16:38

	Name	Date	Time
77	Rob Robertson	11/4/2000	16:38
78	Chad Gordon	10/28/2005	16:38
79	Luis Rivera	10/24/1997	16:39
80	Owen Dawson	9/24/2005	16:39
81	Ryan Shaver	9/26/2001	16:40
82	Sean Ward	9/3/2005	16:40
83	Connor McLaughlin	9/26/2009	16:40
84	Matthew Lapp	10/29/1999	16:41
85	Amin Garnett	11/1/2003	16:41
86	Connor McLaughlin	10/30/2009	16:41
87	Ken DiMarzio	10/29/1999	16:42
88	J. R. Cox	11/2/1996	16:43
89	Owen Dawson	9/10/2005	16:43
90	Bryan Wolf	9/29/2007	16:43
91	Wayne Vincent	10/1/1986	16:44
92	Rob Robertson	9/2/2000	16:44
93	Ellis Wilson	10/1/2003	16:44
94	Connor McLaughlin	9/16/2009	16:44
95	Jed Nowak	10/25/2002	16:45
96	David Monachello	10/25/2002	16:45
97	Billy Hackmeister	10/16/2008	16:45
98	Jesse Chalfant	11/1/1997	16:46
99	Tom Pannulla	9/10/2005	16:46
100	Chad Gordon	10/12/2005	16:46
101	Wayne Vincent	10/17/1986	16:47
102	Tom Pannulla	9/3/2005	16:47
103	Andy Gaskins	9/11/1993	16:48
104	Rob Robertson	9/27/2000	16:48
105	Jed Nowak	9/28/2002	16:48
106	Justin Robertson	10/17/2002	16:48
107	Ryan Shaver	10/26/2001	16:49
108	Billy Hackmeister	8/30/2008	16:49
109	Jesse Chalfant	9/6/1997	16:50
110	Shane Snyder	9/28/2002	16:50
111	Amin Garnett	9/17/2003	16:50
112	Chris Rosato	9/26/2007	16:50
113	Bryan Wolf	10/18/2007	16:50
114	Zach Mains	10/1/2008	16:50
115	Matthew Lapp	9/4/1999	16:51
116	Chris Rosato	10/3/2007	16:51

	Name	Date	Time
117	Jeff Barrage	9/24/1997	16:52
118	Shane Snyder	10/17/2002	16:53
119	Amin Garnett	10/8/2003	16:54
120	Dan Dix	10/3/1995	16:55
121	Justin Robertson	10/9/2002	16:55
122	Matthew Lapp	9/29/1999	16:56
123	Rob Robertson	9/27/2000	16:56
124	J. R. Cox	9/28/1996	16:57
125	Scott Shortlidge	10/9/1999	16:57
126	Shane Snyder	10/9/2002	16:57
127	Amin Garnett	9/27/2003	16:57
128	Kyle Dawson	10/19/2005	16:57
129	Bryan Wolf	11/3/2007	16:57
130	Connor McLaughlin	10/22/2009	16:57
131	Jackson Davis	10/21/2010	16:58
132	Mike Jackson	10/3/1990	16:58
133	Justin Robertson	11/2/2002	16:58
134	Ellis Wilson	10/4/2003	16:58
135	Chris Rosato	10/6/2007	16:58

Junior Girls – Tough Times
Under 20:00 (1987-2011)

	Name	Date	Time
1	Katie Nowak	9/24/1997	18:39
2	Cori Rhoades	10/31/1992	18:49
3	Katie Nowak	10/11/1997	18:54
4	Kelly O'Connell	10/27/2000	18:57
5	Cori Rhoades	9/23/1992	18:59
6	Cori Rhoades	9/4/1992	19:02
7	Kelly O'Connell	10/11/2000	19:05
8	Kelly O'Connell	9/7/2000	19:10
9	Kelly O'Connell	9/27/2000	19:15
10	Cori Rhoades	10/14/1992	19:17
11	Kristina Kubala	10/28/2005	19:17
12	Cori Rhoades	10/7/1992	19:18
13	Allison Heydt	9/24/1997	19:22
14	Cori Rhoades	11/7/1992	19:24
15	Ilea Frankovitch	9/24/1997	19:28
16	Nicole Laquintano	9/11/1993	19:29
17	Katherine Frank	10/26/2007	19:29
18	Katie Nowak	10/24/1997	19:31
19	Cori Rhoades	9/16/1992	19:32
20	Cori Rhoades	10/17/1992	19:40
21	Kelly O'Connell	9/9/2000	19:40
22	Kelly O'Connell	11/4/2000	19:41
23	Laura McNally	9/24/1997	19:43
24	Katie Nowak	9/27/1997	19:43
25	Kelly O'Connell	10/19/2000	19:43
26	Cori Rhoades	10/23/1992	19:44
27	Kelly O'Connell	10/7/2000	19:45
28	Allison Heydt	10/11/1997	19:47
29	Cori Rhoades	9/13/1992	19:48
30	Lynda Buxton	10/10/1998	19:49
31	Melanie Holl	10/29/2011	19:50
32	Kelly O'Connell	9/23/2000	19:52
33	Cori Rhoades	9/30/1992	19:53
34	Lynda Buxton	9/10/1998	19:53
35	Kristina Kubala	9/24/2005	19:53
36	Ilea Frankovitch	10/11/1997	19:55

	Name	Date	Time
37	Katie Weidner	10/26/2007	19:55
38	Kelly O'Connell	9/2/2000	19:56
39	Kelly O'Connell	9/13/2000	19:57
40	Lynda Buxton	11/7/1998	19:58

Senior Boys – Tough Times
Under 16:30 (1985-2011)

	Name	Date	Time
1	Kyle Dawson	10/27/2006	14:58
2	Kyle Dawson	10/11/2006	15:10
3	Rob Robertson	9/26/2001	15:12
4	Kyle Dawson	9/30/2006	15:17
5	Kyle Dawson	11/4/2006	15:17
6	Owen Dawson	10/27/2006	15:22
7	J. R. Cox	10/11/1997	15:27
8	Amin Garnett	10/29/2004	15:29
9	Tom Pannulla	10/27/2006	15:29
10	Kyle Dawson	9/27/2006	15:30
11	Ellis Wilson	9/22/2004	15:31
12	Jason Leonard	9/27/2006	15:31
13	Jesse Chalfant	9/10/1998	15:37
14	Rob Robertson	10/26/2001	15:37
15	Tom Pannulla	11/4/2006	15:38
16	Jason Leonard	10/27/2006	15:39
17	J. R. Cox	9/24/1997	15:40
18	Owen Dawson	10/11/2006	15:40
19	Tom Pannulla	9/27/2006	15:41
20	Jesse Chalfant	10/10/1998	15:42
21	Ryan Shaver	10/25/2002	15:45
22	Kyle Dawson	9/20/2006	15:45
23	Bob Hendricks	9/11/1993	15:46
24	Ellis Wilson	10/29/2004	15:47
25	Sean Ward	10/27/2006	15:47
26	Owen Dawson	11/4/2006	15:47
27	Sean Ward	10/11/2006	15:49
28	Chris Rosato	10/24/2008	15:50
29	Jason Leonard	9/30/2006	15:51
30	Andrew Mahoney	9/12/2007	15:52
31	Kyle Dawson	10/7/2006	15:54
32	Sean Ward	11/4/2006	15:54
33	Ellis Wilson	9/29/2004	15:56
34	Kyle Dawson	9/9/2006	15:56
35	Tom Pannulla	9/30/2006	15:56
36	Andrew Mahoney	10/26/2007	15:57

	Name	Date	Time
37	Tom Pannulla	10/11/2006	15:58
38	Jason Leonard	11/4/2006	15:59
39	Kyle Dawson	10/19/2006	16:00
40	Rob Robertson	10/3/2001	16:01
41	Rob Robertson	9/8/2001	16:02
42	Kyle Dawson	9/6/2006	16:05
43	Rob Robertson	9/12/2001	16:06
44	J. R. Cox	10/24/1997	16:07
45	Luis Rivera	10/10/1998	16:07
46	Owen Dawson	9/30/2006	16:08
47	Ed McCrae	10/18/1985	16:09
48	Rob Robertson	10/6/2001	16:09
49	Jason Leonard	10/11/2006	16:09
50	Sean Ward	9/27/2006	16:10
51	Andrew Mahoney	9/29/2007	16:10
52	Connor McLaughlin	10/6/2010	16:11
53	Jesse Chalfant	10/22/1998	16:12
54	Rob Robertson	9/6/2001	16:12
55	Amin Garnett	11/6/2004	16:12
56	Dan Dix	10/2/2001	16:13
57	Rob Robertson	10/18/2001	16:13
58	Andrew Mahoney	10/18/2007	16:13
59	Luis Rivera	9/10/1998	16:16
60	Andrew Mahoney	9/1/2007	16:16
61	Ben Goodwin	10/26/2007	16:16
62	Luis Rivera	10/30/1998	16:17
63	Matthew Lapp	10/27/2000	16:17
64	Rob Robertson	9/1/2001	16:19
65	Tom Pannulla	9/20/2006	16:19
66	Tom Pannulla	9/9/2006	16:20
67	Ellis Wilson	10/13/2004	16:21
68	Chris Rosato	10/1/2008	16:23
69	Ellis Wilson	9/25/2004	16:24
70	Shane Snyder	10/7/2003	16:24
71	Sean Ward	9/30/2006	16:24
72	Connor McLaughlin	10/29/2010	16:24
73	J. R. Cox	10/8/1997	16:25
74	Matthew Lapp	9/13/2000	16:25
75	James Smith	10/25/2002	16:25
76	Shane Snyder	10/24/2003	16:25

	Name	Date	Time
77	Jesse Chalfant	11/7/1998	16:26
78	Rob Robertson	11/3/2001	16:27
79	Tom Pannulla	9/6/2006	16:27
80	Andrew Mahoney	11/3/2007	16:27
81	J. R. Cox	11/1/1997	16:28
82	Owen Dawson	10/19/2006	16:28
83	Zach Mains	9/12/2009	16:28
84	Zach Mains	9/26/2009	16:28
85	Billy Hackmeister	9/26/2009	16:28
86	Matthew Lapp	9/27/2000	16:29
87	Kyle Dawson	9/2/2006	16:29
88	Tom Pannulla	10/7/2006	16:29
89	Tom Pannulla	10/19/2006	16:29

Senior Girls – Tough Times
Under 19:30 (1987-2011)

	Name	Date	Time
1	Katie Nowak	10/10/1998	18:10
2	Kelly O'Connell	10/26/2001	18:14
3	Katie Nowak	11/7/1998	18:15
4	Kelly O'Connell	9/26/2001	18:16
5	Katie Nowak	10/30/1998	18:17
6	Kelly O'Connell	9/9/2001	18:17
7	Cori Rhoades	9/11/1993	18:20
8	Cori Rhoades	10/13/1993	18:25
9	Marie Hess	10/11/1995	18:27
10	Sheena Crawley	10/24/2008	18:38
11	Katie Nowak	9/10/1998	18:41
12	Kelly O'Connell	10/6/2001	18:44
13	Kelly O'Connell	10/18/2001	18:48
14	Kelly O'Connell	10/10/2001	18:52
15	Kristina Kubala	10/27/2006	18:52
16	Kelly O'Connell	9/8/2001	18:53
17	Kelly O'Connell	10/3/2001	18:53
18	Cori Rhoades	10/6/1993	19:02
19	Kristina Kubala	11/4/2006	19:03
20	Kelly O'Connell	9/6/2001	19:05
21	Allison Heydt	9/10/1998	19:09
22	Katie Nowak	10/3/1998	19:09
23	Katie Nowak	10/22/1998	19:12
24	Kelly O'Connell	11/3/2001	19:12
25	Katie Nowak	10/14/1998	19:14
26	Allison Heydt	11/7/1998	19:14
27	Kelly O'Connell	9/12/2001	19:17
28	Kristina Kubala	9/30/2006	19:17
29	Kelly O'Connell	9/1/2001	19:21
30	Cori Rhoades	10/16/1993	19:22
31	Sheena Crawley	10/1/2008	19:23
32	Kirsten Fitch	10/26/2007	19:25
33	Katie Nowak	9/26/1998	19:29

Where Are They Now?

Coatesville Cross Country athletes now running for colleges and universities.

Sheana Crawley	Franklin and Marshall University
Kyle Dawson	Penn State University
Owen Dawson	Penn State University
Kirsten Fitch	University of Delaware
Katherine Frank	Temple University
Emily Frank	Kutztown University
Billy Hackmeister	Rider University
Zach Mains	Millersville University
Connor McLaughlin	East Stroudsburg University
Dylan Singley	East Stroudsburg University
Zoe Wilson	Bloomsburg University

All Ches-Mont Boys

2nd Team

Jackson Davis

Ches-Mont Championship Individual Champions

Boys	
Jesse Chalfont	1998
Mathew Lapp	2000
Rob Robertson	2001
Ellis Wilson	2004
Kyle Dawson	2006

Girls	
Cori Rhoades	1992
Katie Nowak	1996
Katie Nowak	1997
Katie Nowak	1998
Kelly O'Connell	1999
Kelly O'Connell	2000
Kelly O'Connell	2001

Ches-Mont Championship Team Titles

Boys
1998
1999
2000
2001
2004
2005
2006
2007

Girls
1996
1997
1998
1999
2000
2001

District I
Individual Champions

Boys	
Rob Robertson	2001

District I
Team Championships

2004
Josh Beldner
Amin Garnett
Chad Gordon
Jason Leonard
Tom Pannulla
Sean Ward
Ellis Wilson

2005
Mike Collins
Kyle Dawson
Owen Dawson
Chad Gordon
Jason Leonard
Tom Pannulla
Sean Ward

2006
Kyle Dawson
Owen Dawson
Jason Leonard
Andrew Mahoney
Tom Pannulla
Chris Rosato
Sean Ward

State Participants – Boys
1985-2011

Name	Course	Year	Time	Place
Rob Robertson	Hershey Park	2001	16:27	3
Amin Garnett	Hershey Park	2004	16:12	3
Kyle Dawson	Hershey Park G	2006	15:17	3
Tom Pannulla	Hershey Park G	2006	15:38	6
Rob Robertson	Bucknell	2000	16:38	7
Kyle Dawson	Hershey Park	2005	15:54	7
Owen Dawson	Hershey Park G	2006	15:47	8
Matthew Lapp	Bucknell	2000	16:40	10
Sean Ward	Hershey Park G	2006	15:54	12
Amin Garnett	Hershey Park	2003	16:41	16
Andrew Mahoney	Hershey Park G	2007	16:27	16
Jason Leonard	Hershey Park G	2006	15:59	18
J. R. Cox	Penn State	1997	16:28	21
Matthew Lapp	Penn State	1998	16:20	23
Chris Rosato	Hershey Park G	2007	16:33	23
Ryan Shaver	Hershey Park	2002	16:55	26
Ellis Wilson	Hershey Park	2004	16:42	26
Ken DiMarzio	Lehigh	1999	16:27	27
Jesse Chalfant	Penn State	1998	16:26	28
Tom Pannulla	Hershey Park	2004	16:44	28
Sean Ward	Hershey Park	2005	16:32	28
Ken DiMarzio	Bucknell	2000	17:08	31
Justin Robertson	Hershey Park	2002	16:59	32
Owen Dawson	Hershey Park	2005	16:37	32
J. R. Cox	Bucknell	1996	16:43	34
Sean Ward	Hershey Park	2004	16:50	34
Jesse Chalfant	Bucknell	1996	16:44	35
Connor McLaughlin	Hershey Park G	2010	16:51	38
Jesse Chalfant	Penn State	1997	16:46	41
Ellis Wilson	Hershey Park	2003	17:09	47
Chris Rosato	Hershey Park G	2006	16:32	52
Billy Hackmeister	Hershey Park G	2007	16:56	57
Ken DiMarzio	Penn State	1998	16:48	58
Jason Leonard	Hershey Park	2004	17:08	59
Bryan Wolf	Hershey Park G	2007	16:57	59
Shane Snyder	Hershey Park	2002	17:18	62

Name	Course	Year	Time	Place
Andrew Mahoney	Hershey Park G	2006	16:36	62
Kyle Dawson	Hershey Park	2003	17:24	69
Chris Rosato	Hershey Park G	2008	16:20	70
Mike McGinley	Hershey Park	2001	17:34	76
Jed Nowak	Hershey Park	2003	17:29	78
James Smith	Hershey Park	2002	17:24	79
Joshua Nowak	Bucknell	2000	17:37	80
Ben Goodwin	Hershey Park G	2007	17:06	82
Jesse Yacoe	Bucknell	2000	17:40	87
Kevin Ammon	Hershey Park G	2007	17:12	95
Scott Shortlidge	Bucknell	2000	17:44	96
Jason Leonard	Hershey Park	2005	17:15	96
Jed Nowak	Hershey Park	2001	17:43	101
Ryan Shaver	Bucknell	2000	17:45	102
Ryan Shaver	Hershey Park	2001	17:45	107
Luis Rivera	Penn State	1998	17:04	111
Ellis Wilson	Hershey Park	2002	17:43	116
Shane Snyder	Hershey Park	2003	17:46	116
Chad Gordon	Hershey Park	2005	17:24	116
Zach Wilson	Hershey Park G	2007	17:24	122
Matthew Lapp	Lehigh	1999	17:09	123
Scott Shortlidge	Penn State	1998	17:09	124
Joe Bekaert	Hershey Park	2003	17:52	128
Tom Pannulla	Hershey Park	2005	17:30	131
Justin Robertson	Hershey Park	2001	17:58	140
David Monachello	Hershey Park	2002	17:59	146
Shane Snyder	Hershey Park	2001	18:01	147
Jackson Davis	Hershey Park	2011	17:44	164
Justin Robertson	Hershey Park	2003	18:12	171
David Monachello	Hershey Park	2001	18:15	173
Joe Bekaert	Hershey Park	2002	18:25	197
Josh Beldner	Hershey Park	2004	18:09	209
Chad Gordon	Hershey Park	2004	18:22	223
Tyrone LeCato	Penn State	1998	17:46	227
Chris Rosato	Hershey Park	2005	18:46	227
Keith Andrews	Penn State	1998	17:54	238

2000 Cross Country Team	1st place finish
2006 Cross Country Team	1st place finish
2004 Cross Country Team	2nd place finish

2007 Cross Country Team	2nd place finish
2002 Cross Country Team	4th place finish
2005 Cross Country Team	4th place finish
1998 Cross Country Team	5th place finish
2001 Cross Country Team	6th place finish
2003 Cross Country Team	6th place finish

State Participants – Girls
1987-2011

Name	Course	Year	Time	Place
Katie Nowak	Penn State	1998	18:15	3
Kelly O'Connell	Hershey Park	2001	19:12	3
Kelly O'Connell	Bucknell	2000	19:41	8
Sheena Crawley	Hershey Park G	2008	19:34	15
Allison Heydt	Penn State	1998	19:14	24
Kristina Kubala	Hershey Park G	2006	19:03	24
Cori Rhoades	Penn State	1992	19:24	26
Kelly O'Connell	Lehigh	1999	19:22	42
Kristina Kubala	Hershey Park	2003	20:15	49
Deborah Kinsey	Hershey Park	2002	20:28	64
Katie Nowak	Penn State	1997	20:04	71
Cori Rhoades	Lehigh	1993	20:11	73
Cori Rhoades	Hershey	1991	17:40	76
Lynda Buxton	Penn State	1998	19:58	79
Katie Nowak	Bucknell	1996	20:35	82
Kelly O'Connell	Penn State	1998	20:02	86
Kristina Kubala	Hershey Park	2004	20:41	90
Theresa Stanford	Penn State	1998	20:10	104
Kristina Kubala	Hershey Park	2005	20:42	134
Kirsten Fitch	Hershey Park G	2007	20:57	141
Kellyn Wright	Hershey Park	2005	21:03	161
Ilea Frankovitch	Penn State	1998	20:47	169
Tiffany DiMatteo	Penn State	1998	21:51	238

1998 Cross Country Team	3rd place finish

PIAA State Team Champions

2000
Ken DiMarzio
Matthew Lapp
Joshua Nowak
Rob Robertson
Ryan Shaver
Scott Shortlidge
James Smith
Jeremiah Wise
Jesse Yoacoe

2006
Kyle Dawson
Owen Dawson
Jason Leonard
Andrew Mahoney
Tom Pannulla
Chris Rosato
Sean Ward

PIAA State Team Runner-Ups

2004
Josh Beldner
Amin Garnett
Chad Gordon
Jason Leonard
Tom Pannulla
Sean Ward
Ellis Wilson

2007
Kevin Ammon
Ben Goodwin
Billy Hackmeister
Andrew Mahoney
Chris Rosato
Zach Wilson
Bryan Wolf

Mid-East Cross Country Championship

Coatesville Cross Country senior athletes selected to run for the state of Pennsylvania against the best seniors from Ohio, Michigan, Indiana, Kentucky, and Illinois. (Sponsored by the PTFCA).

Katie Nowak	1998
Allison Heydt	1998
Matt Lapp	2000
Rob Robertson	2001
Amin Garnett	2003
Andrew Mahoney	2007

Nike Team Nationals
National Champions

Coatesville Boys Cross Country
(Bridgetown XC Club)
2006

Kyle Dawson
Owen Dawson
Jason Leonard
Andrew Mahoney
Tom Pannulla
Chris Rosato
Sean Ward

Coatesville Cross Country Team Banquet

Sunday, November 13, 2011
5:30 p.m.

Historic Revere Tavern
3063 Lincoln Highway (US30)
Paradise, PA 17562
Phone: 717-687-8601

RUNNERS IN GOOD STANDING ARE FREE
ATTENDANCE CHALLENGED RUNNERS - $10.00
All other guests are $20.00 per person

INCLUDES

Fruit cup
Roasted Breast of Turkey and Roast Sirloin of Beef, mashed potatoes, corn, green beans, stuffing and gravy, rolls and whipped butter. Coffee, tea, lemonade and a chocolate parfait for dessert.
All served family style.

****All reservations must be prepaid. Make checks payable to "Coatesville Cross Country"**

You can give form and money to Beth Ann Hackmeister
Or send it in the mail to:
115 Lehigh Drive
East Fallowfield, PA 19320

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DEADLINE FOR RESERVATION: November 9, 2011

Name(s): _____

_____

Number attending: _____ **amount enclosed** _____